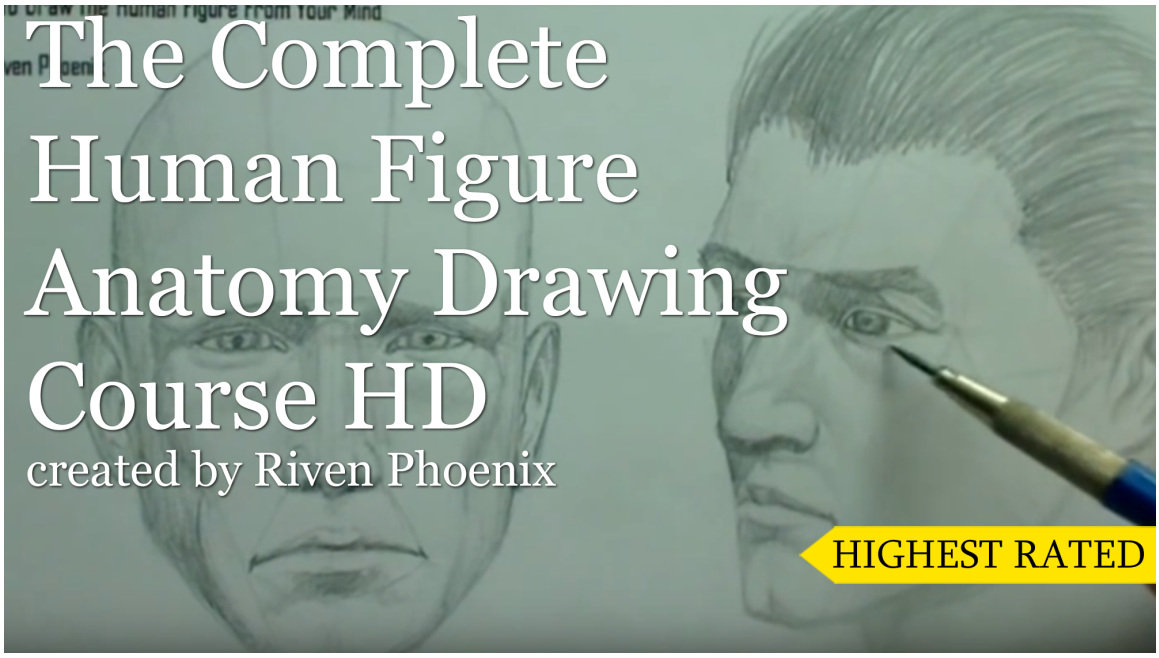

The Structure of Man

Learn to Draw the Human Figure From Your Mind with Riven Phoenix

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Figure Drawing Lesson 141 - The Muscles of the Arm - Part 3

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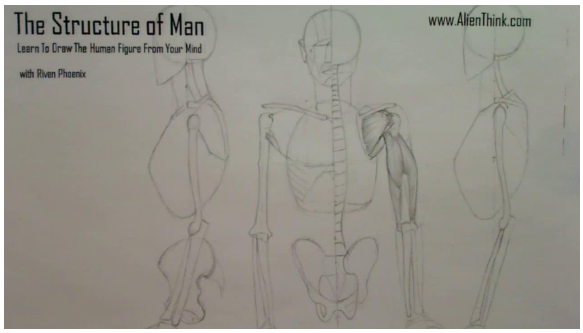
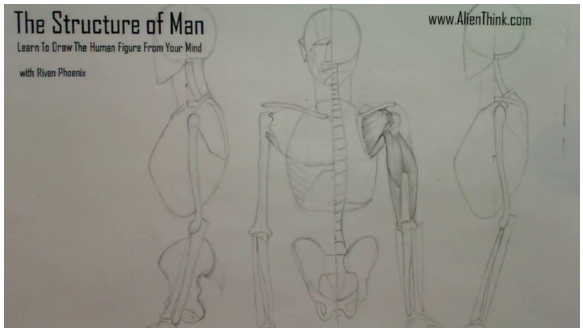
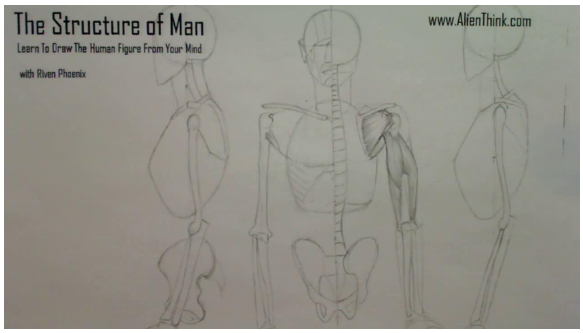
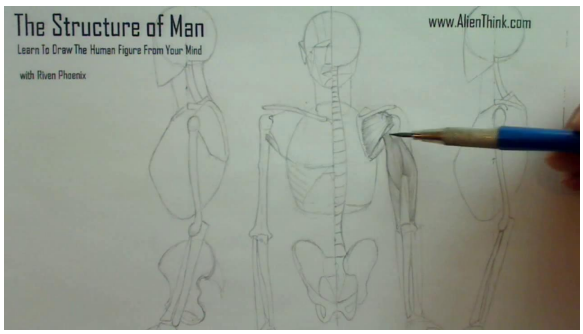
1		Hey guys, my name is Riven Phoenix, and welcome to the Structure of Med, I'll enter
2		all the human figure from your mind training course.
3		Okay, so now we're going to start to look at, we understood what was going on with this
4		connection system for the arm.

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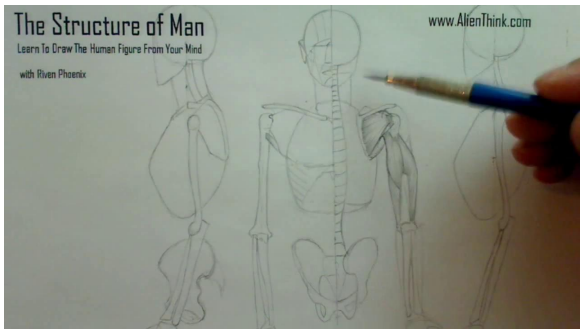
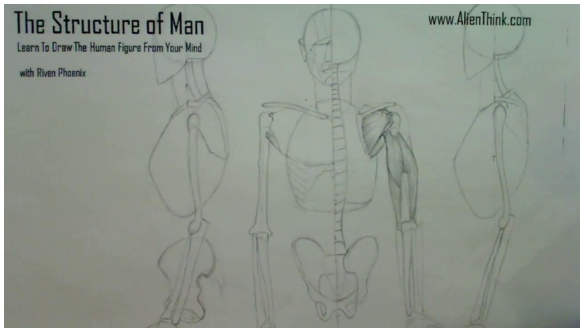
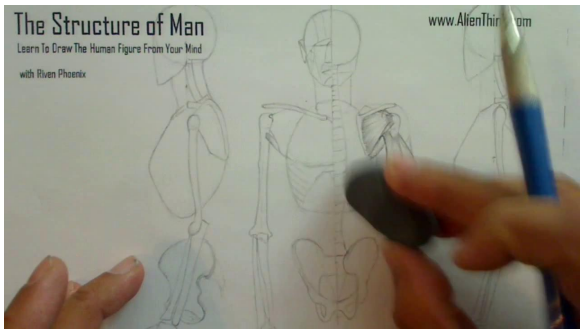
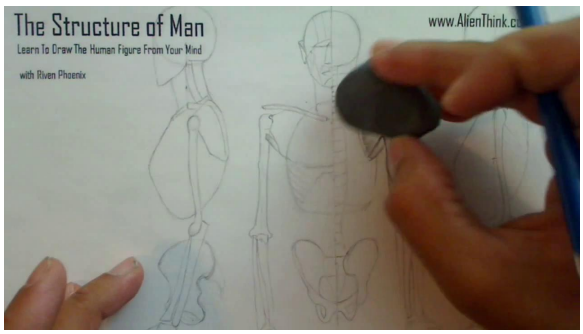
5		So now what we want to do is really just understand the back of this,
6		because now we want to look at the door sign muscle, what happens to it.
7		So here I'm just going to lightly erase some of these lines here,
8		because we're going to add the muscles in here, just like this.

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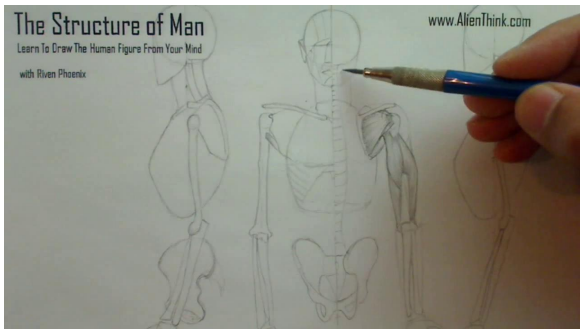
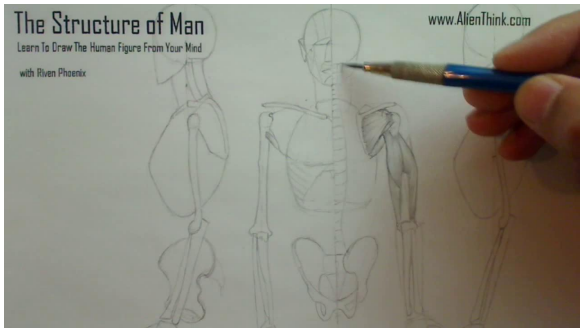
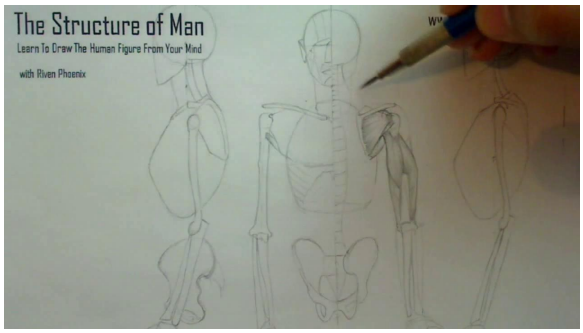
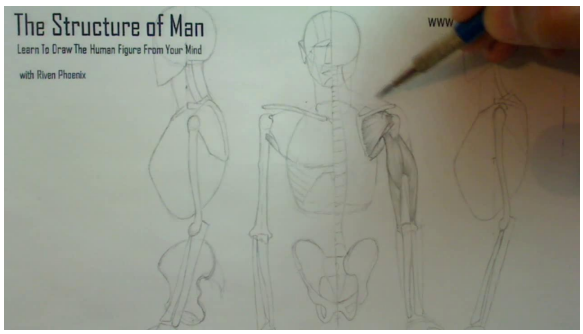
9		So we know that, okay, right?
10		So first we're going to get the trapezius muscles.
11		And here we can just decide that, okay, well, I want,
12		I really want this guy to look like this for the neck, right?

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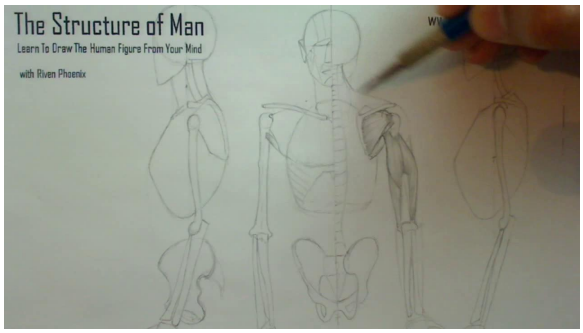
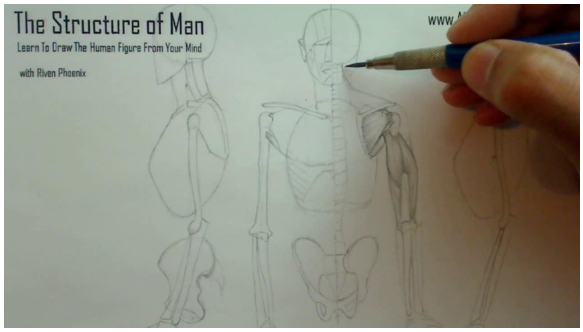
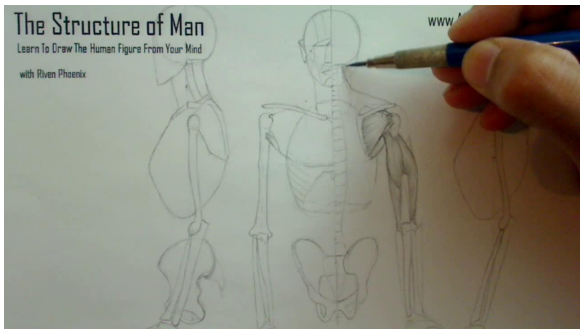
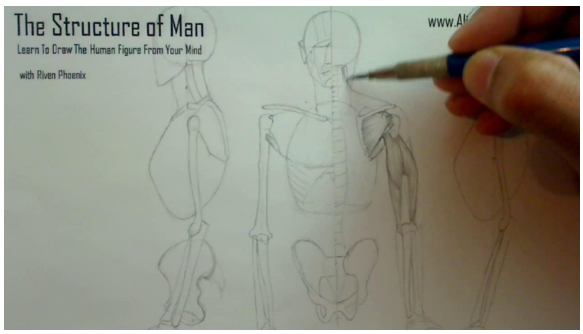
13		And he's just going to come in this way.
14		And then basically here, look, I'm going on the neck over here, right?
15		So this means I'm going to get this idea here for the neck muscle.
16		Now you can see through, right, the neck muscle, right from the front over here.

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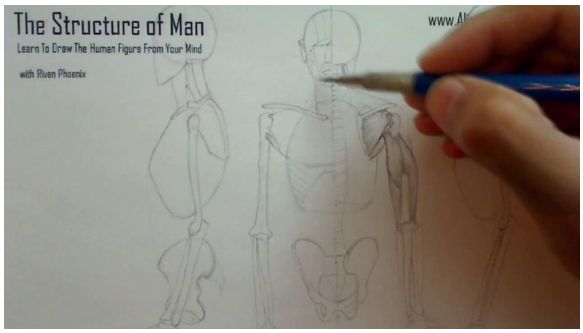
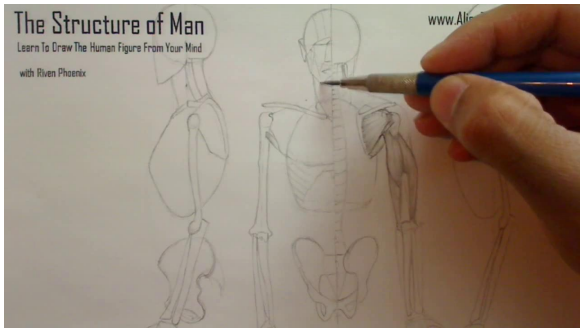
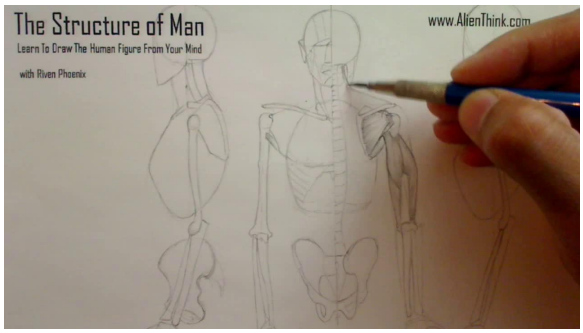
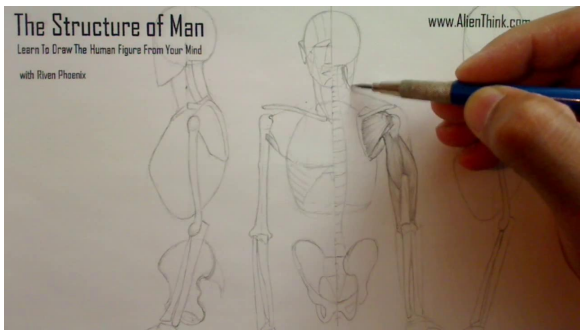
17		See, if this guy is going to be coming like this over here, right?
18		So when we looked at the neck muscles, so he's coming from back there, right?
19		So he's going to do the same thing, coming in this direction.
20		You can just figure out, okay, if this is the angle I want,

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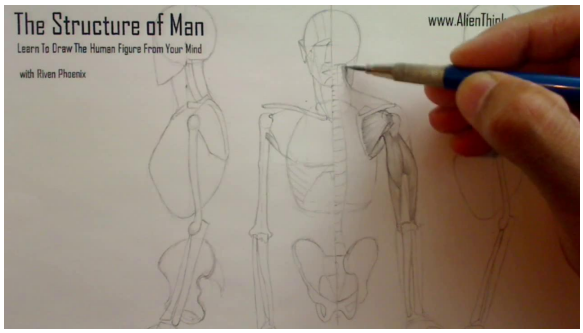
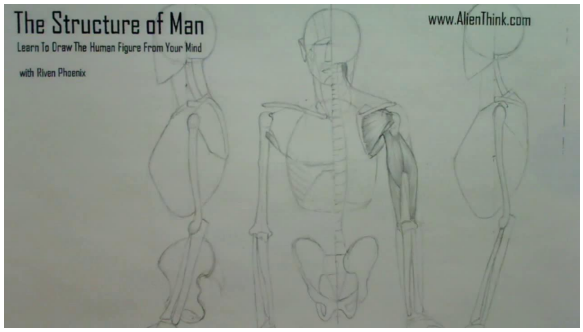
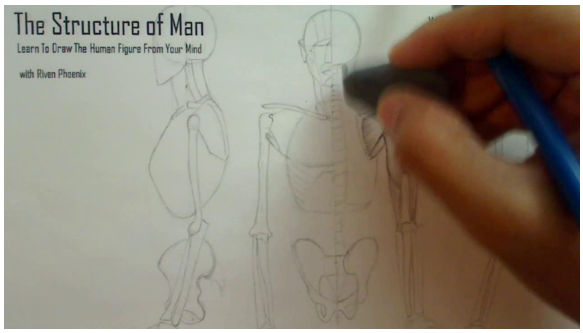
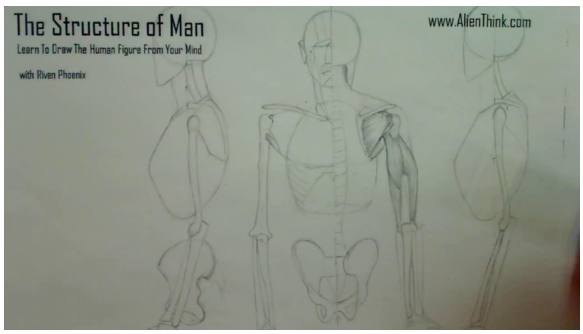
21		and here we can just make this dark.
22		Okay, so here I'm just going to erase these lines,
23		because we want to fill this muscle in.
24		Okay, so we know how this system works, right?

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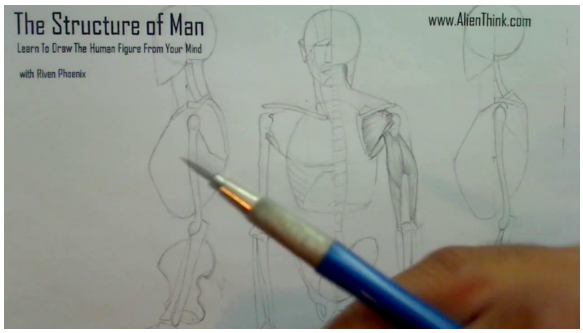
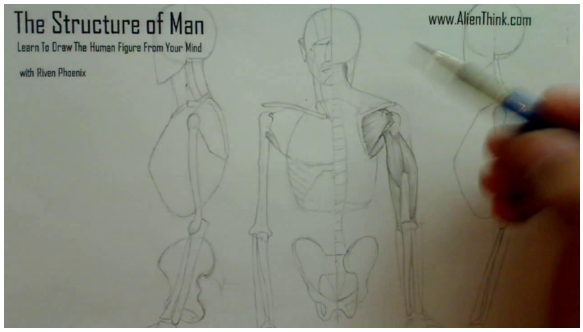
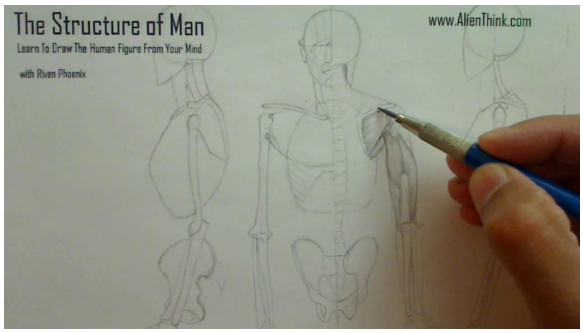
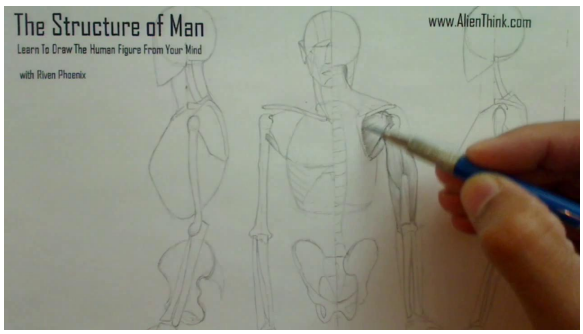
25		So I'm going to erase some of this stuff here,
26		because we know that, okay, this muscle just connects,
27		connects, connects, connects over here,
28		and then he's going to drop down over here and he's going to come back

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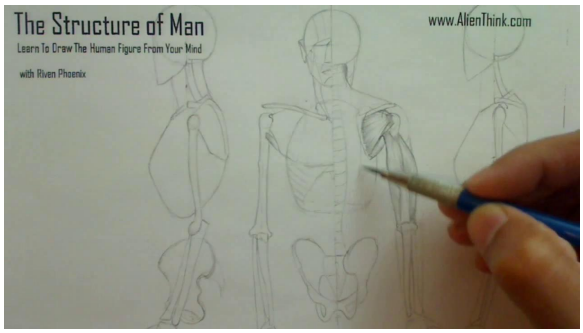
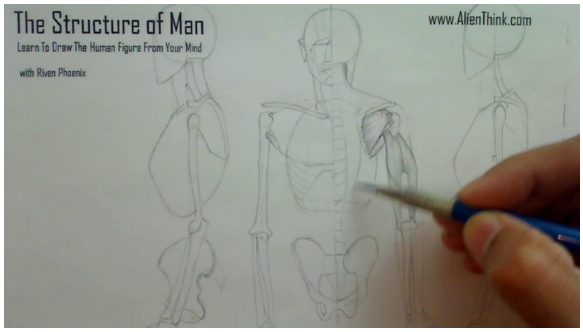
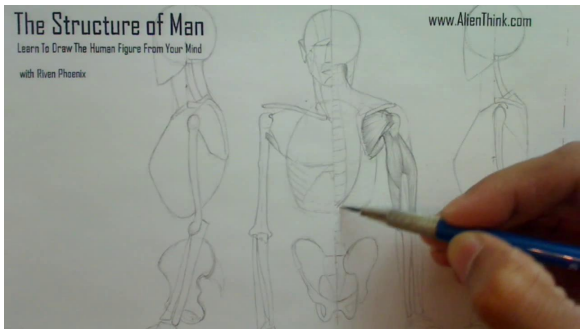
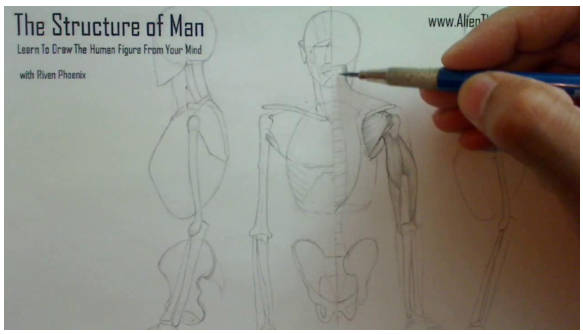
29		and he wants to connect to the last part over here, right?
30		So he's just going to be like this, right?
31		He's just going to come back over here.
32		And we talked about how this is going to work.

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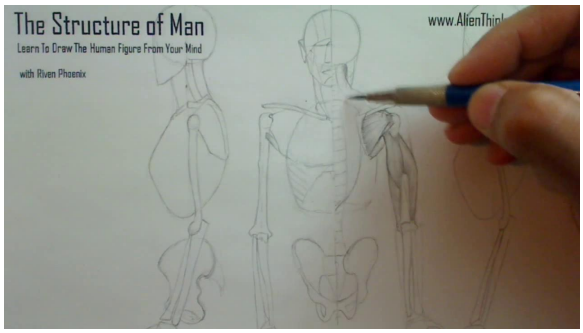
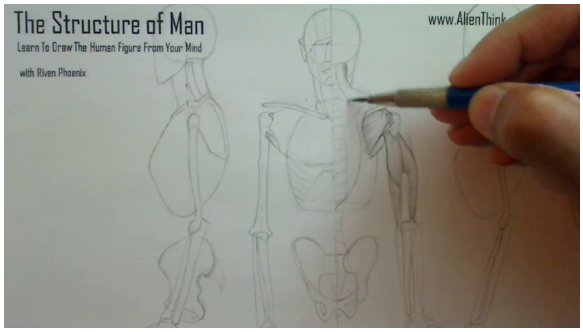
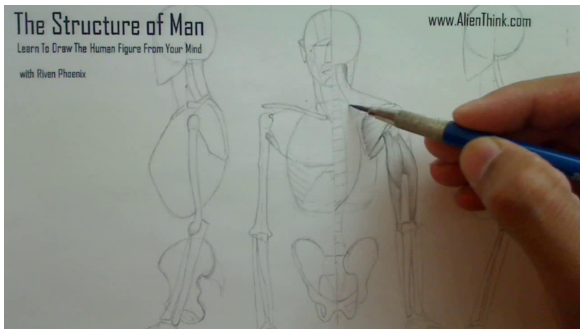
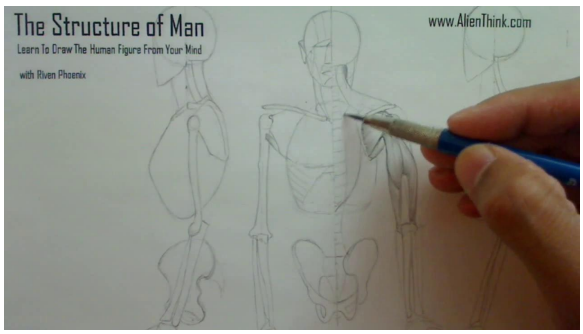
33		Basically this guy, the where this is,
34		he's going to come over here like this,
35		and then he's going to come back quickly,
36		basically where this area is, back to the spine,

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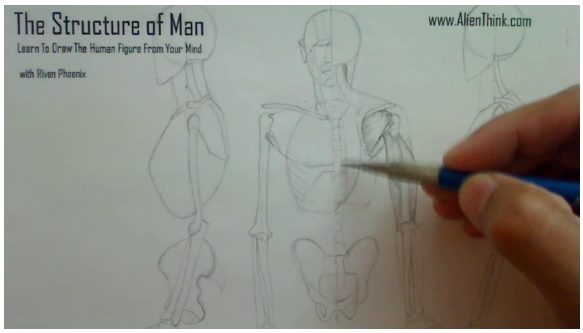
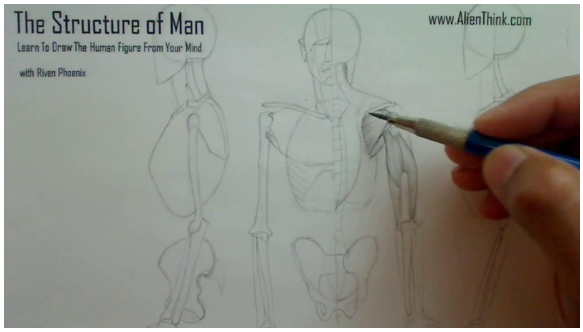
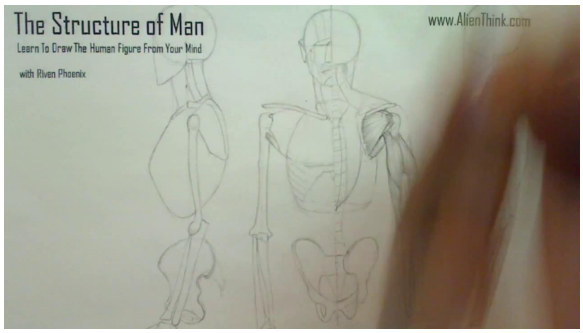
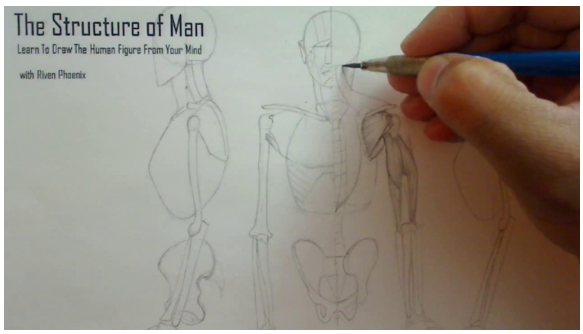
37		and it's going to come out a little bit and go like this, right?
38		This is the frappiesiest muscle that we're looking at right now.
39		Right, so here we're just going to fill this in, right?
40		So here we can just think about the connection as to how this is going to be working.

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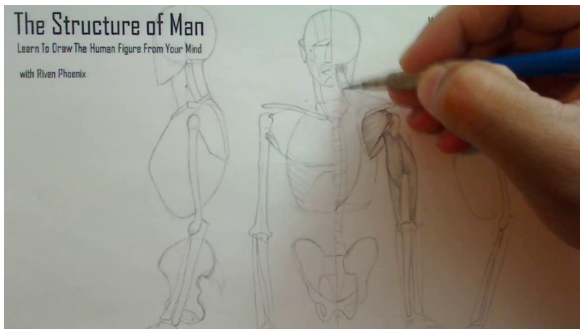
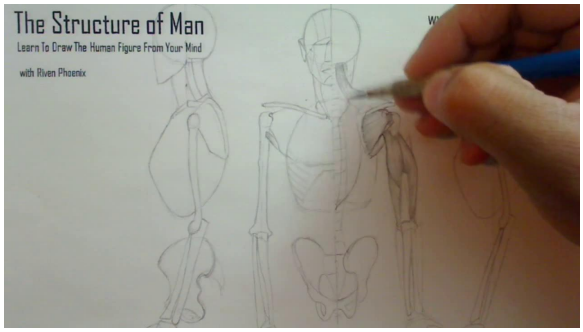
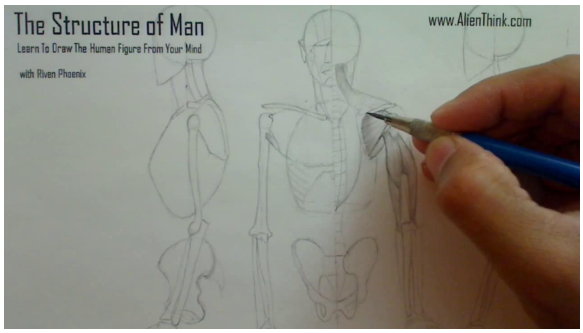
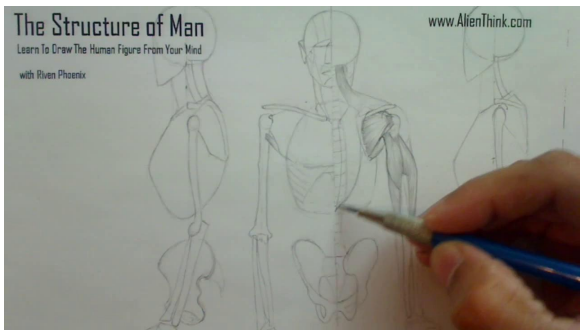
41		So here I'm just going to edit in this direction over here,
42		and then you have to switch directions how this is going to come down.
43		So over here, where this is really the best way to do this
44		is actually do it this way over here.

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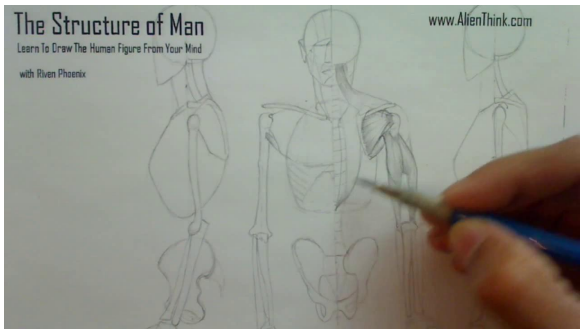
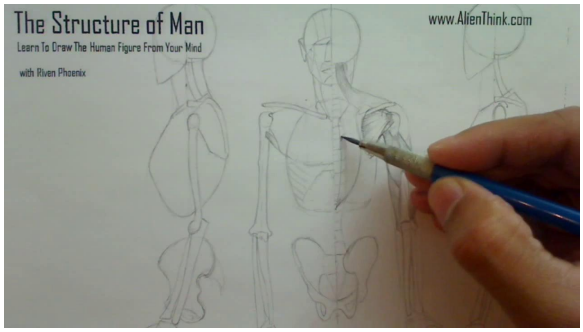
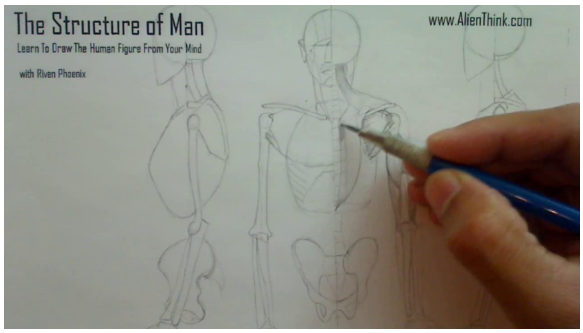
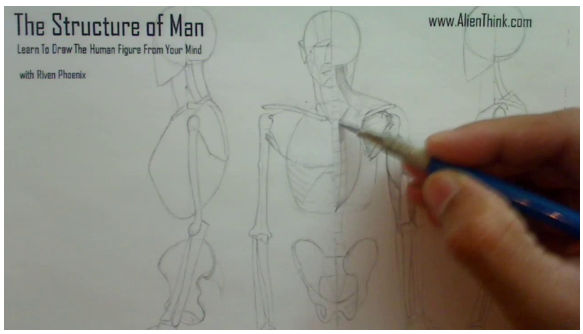
45		Because this part here, remember, it's going up this way
46		because you're going to have a wedge in the back of your back
47		and it's just going to go like this.
48		Right, so here we'll just put it in first really lightly.

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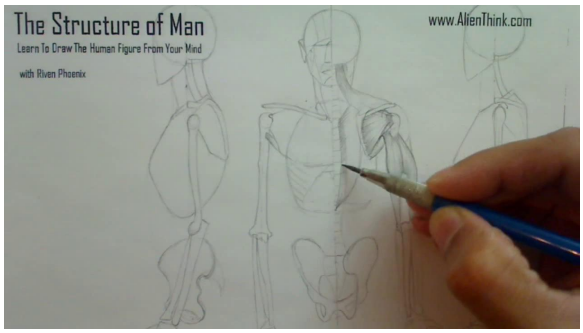
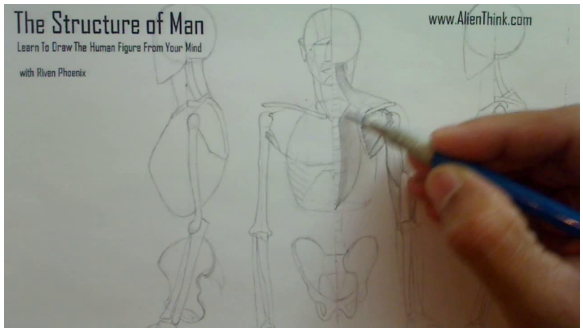
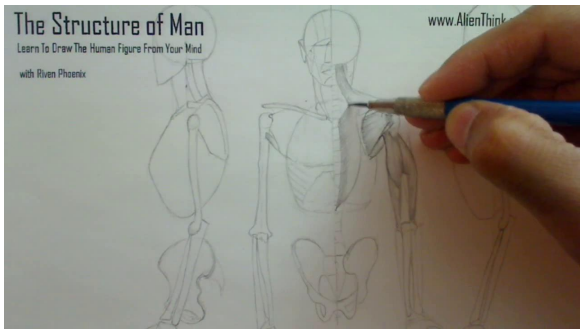
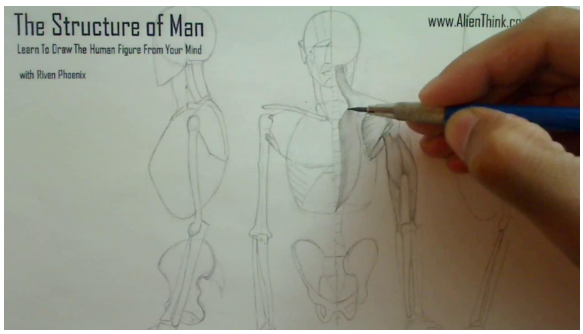
49		That's just going like this over here.
50		Right, so you can add like a little bit of shading like this over here
51		to bring this idea out a little better, right?
52		Just so you can just show yourself that you understand

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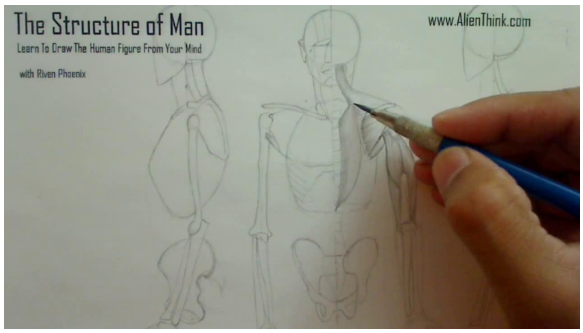
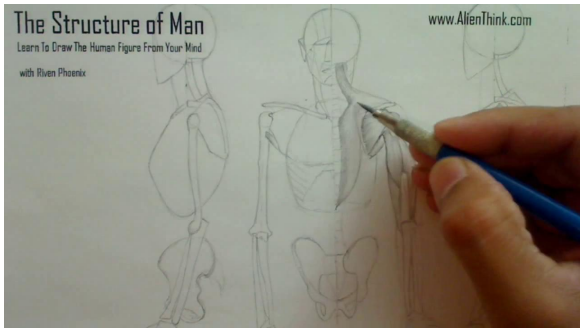
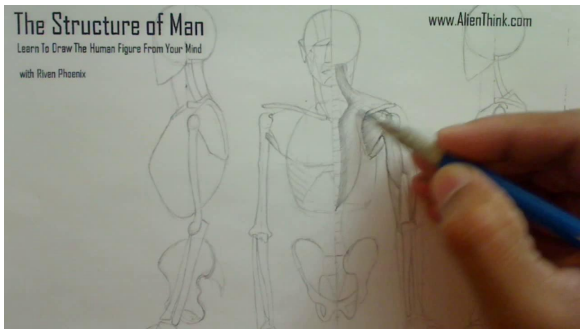
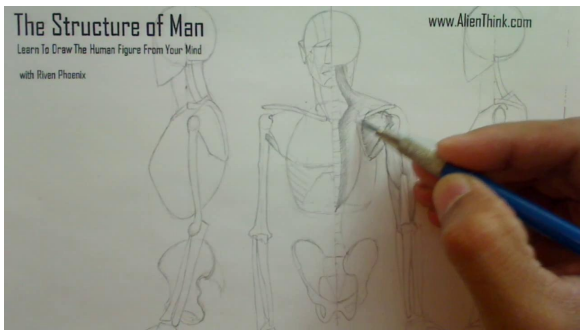
53		that it's going up over here.
54		Right, so this is just all going to go like this.
55		And when it comes over here, you know that right?
56		I'm going to get a little bit of a hit on this scapula over here.

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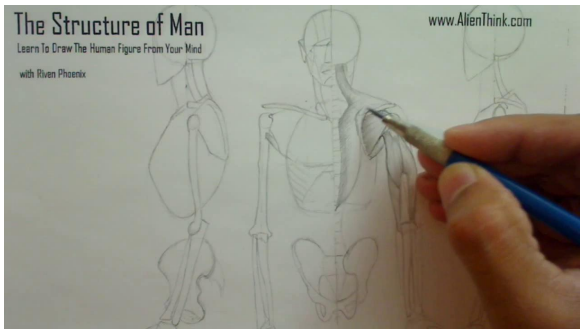
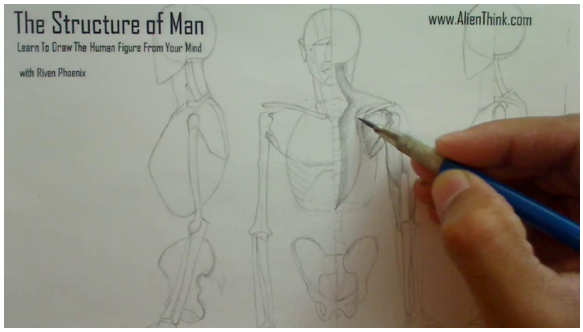
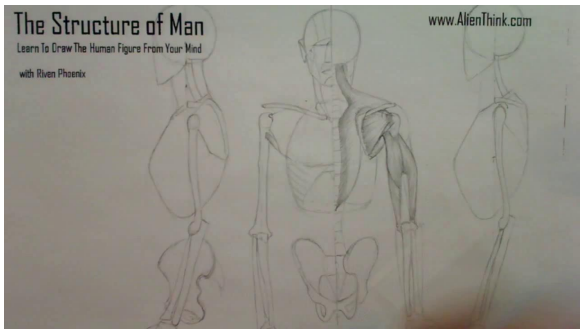
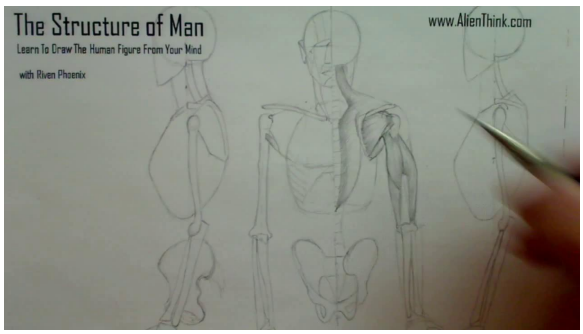
57		Right, so the hit really is just going to last over here.
58		Right, it's just going to be here because this area really here
59		is covered with thick muscle.
60		Right, so you're just going to show it like this over here.

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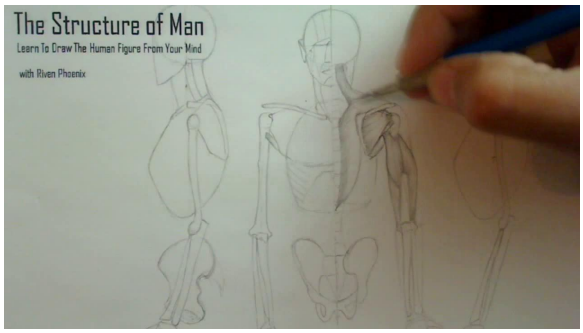
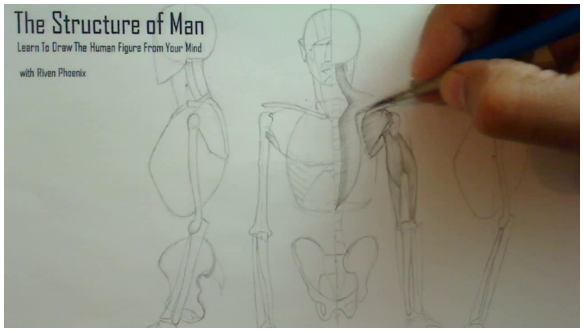
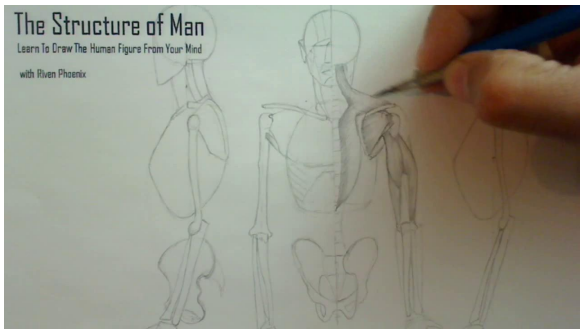
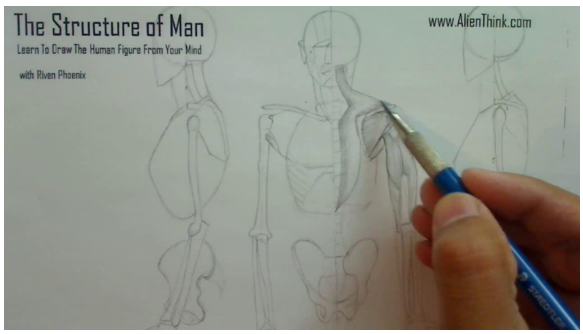
61		But these are like these little things to be aware of.
62		So let's do how the muscles are going all across the body.
63		Okay, so here,
64		it's going to make it go like this.

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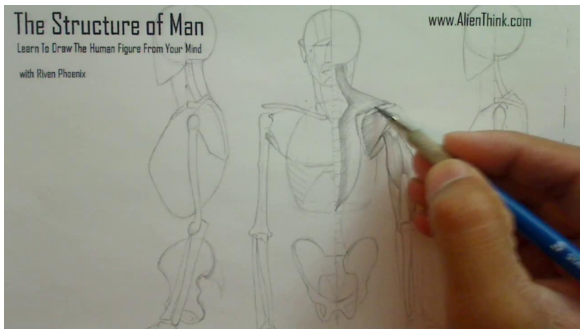
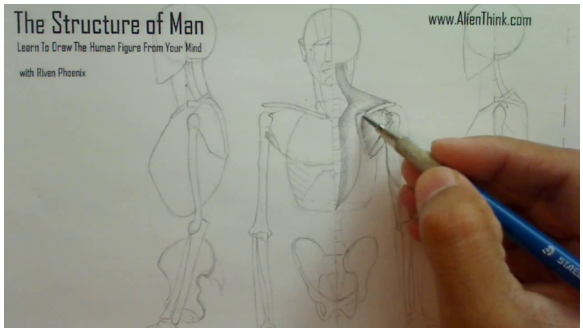
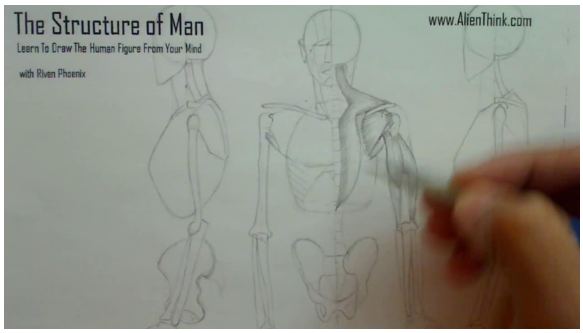
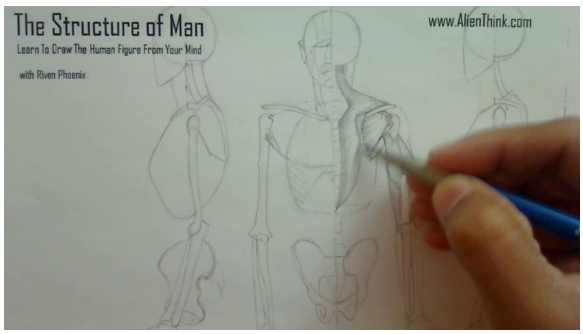
65		Right, so this is all trapezius connecting over here
66		and he's going to come down this way over here.
67		Right, so he's going to come down and connect like this.
68		Right, so all of this is the trapezius muscle.

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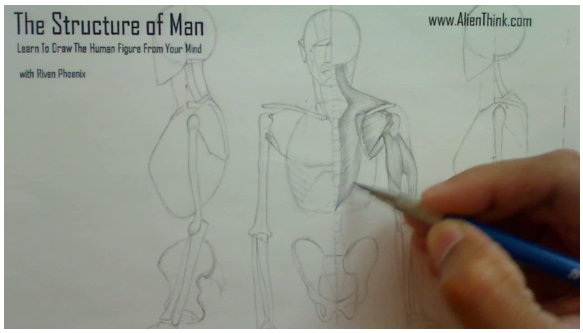
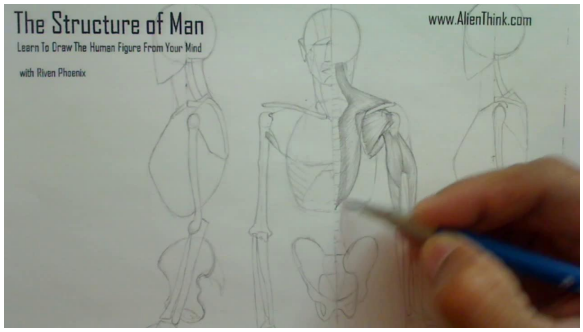
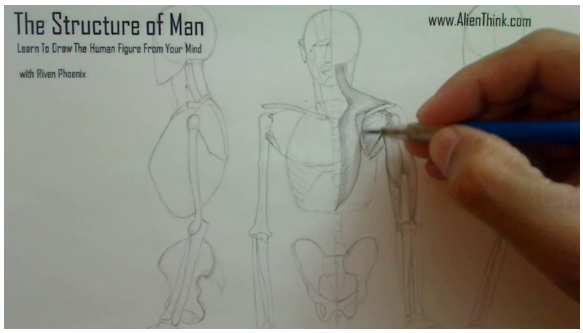
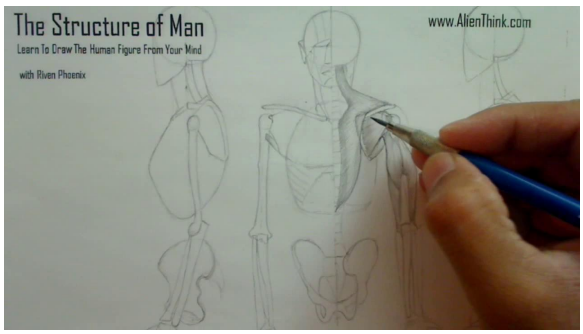
69		Right, so here I'm just going to put a line down over here.
70		Right, so notice that, notice this curve that you're going to get this curve
71		and then you're going to get this line over here.
72		And look, this is all bony area over here.

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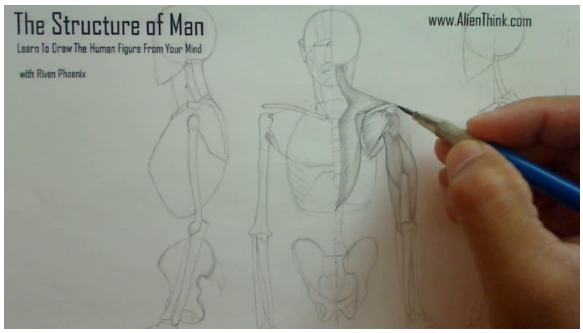
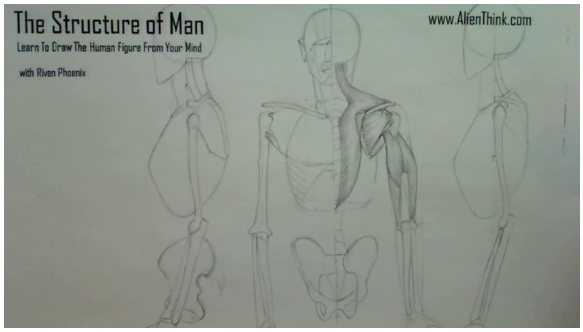
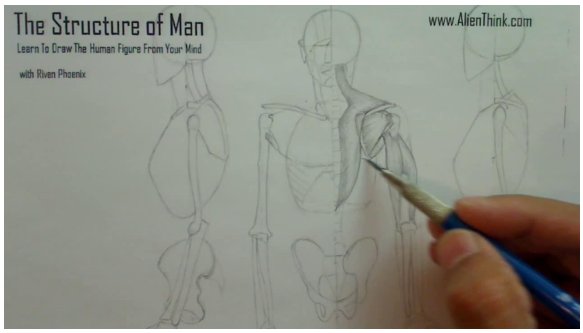
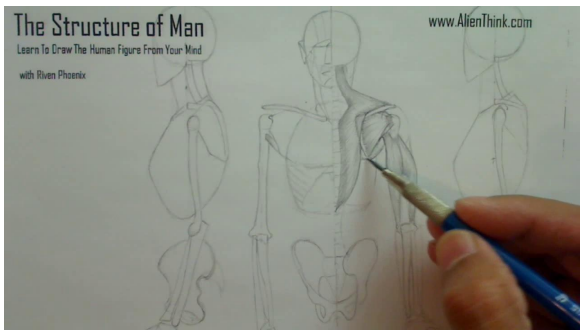
73		And when you get the delta, it'll all make sense.
74		Right, so what's going to happen next is that you're going to get the door-side muscle.
75		So what happens is when the door-side muscle comes,
76		it's going to go over this,

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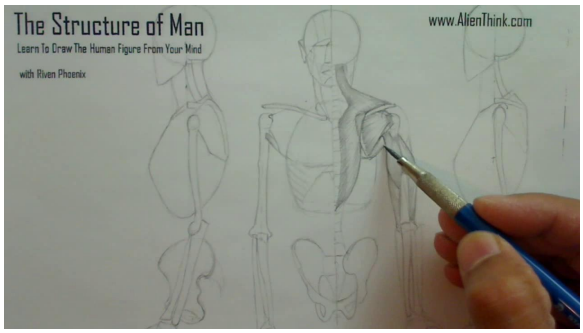
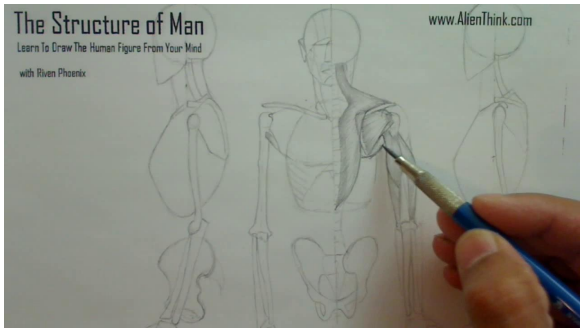
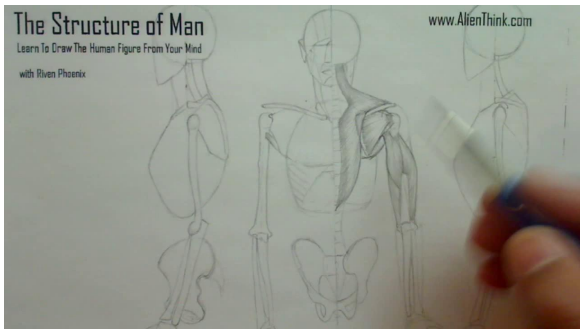
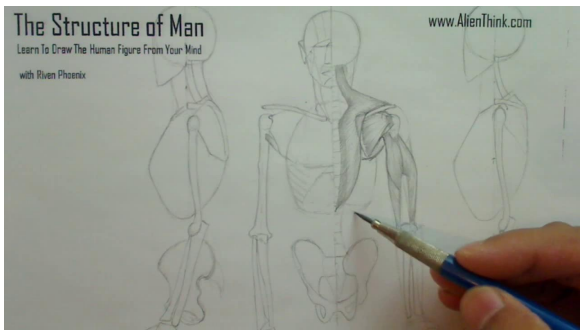
77		but look, it's going to actually stick to this guy over here.
78		This guy who's going on the other side.
79		Right, so what happens is that we already know how the door-side muscle works.
80		Right, where this is basically when it comes down over here,

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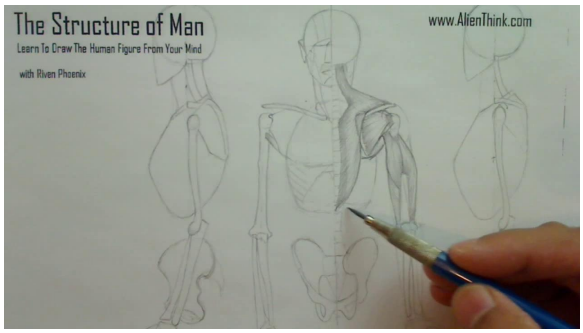
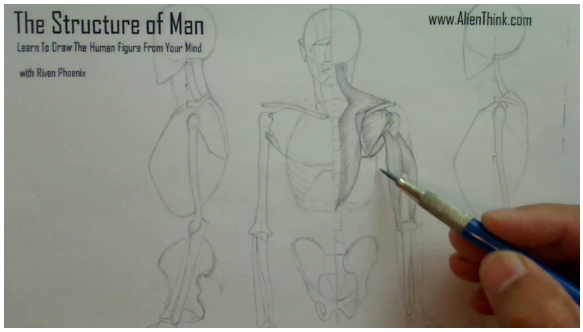
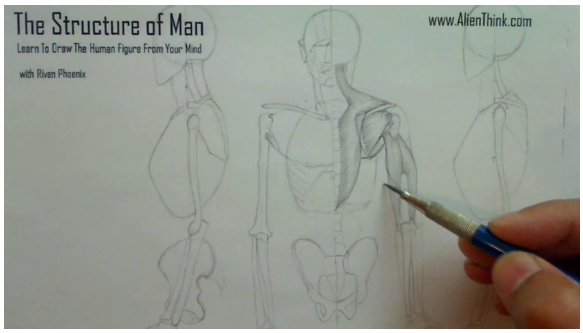
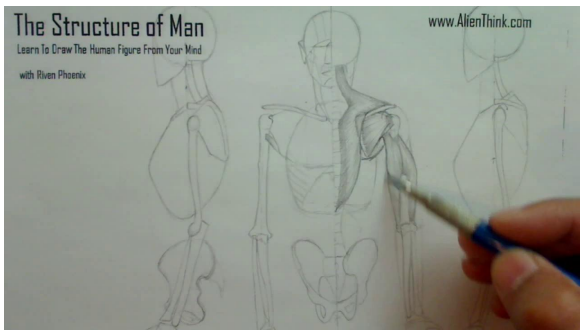
81		it just becomes like a diamond shape over here.
82		Right, so meaning that is you can now decide,
83		okay, well, how much do I want to show this?
84		Right, how big is this guy going to be?

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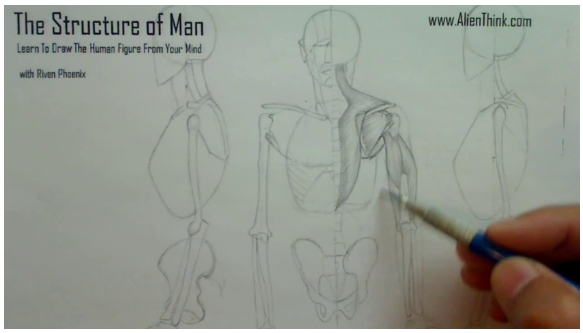
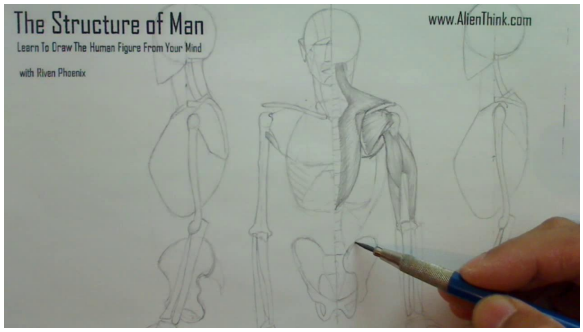
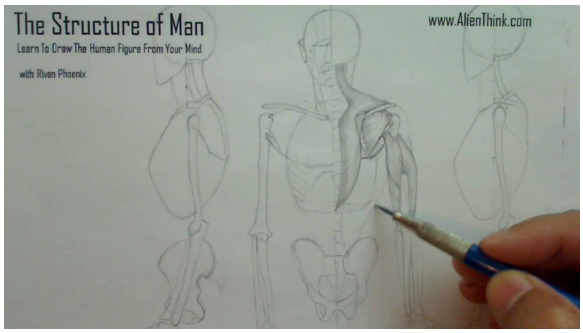
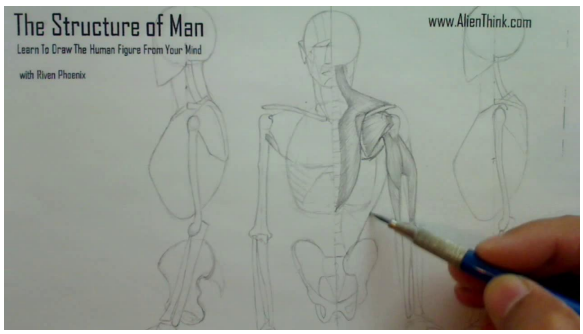
85		And we can just simply say that, okay, he's going to be here,
86		but the thing is that he needs to connect over here.
87		Right, he's just going to connect and go like this.
88		Right, so this is the door-side muscle.

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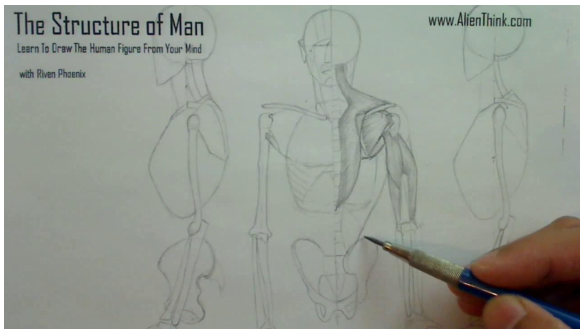
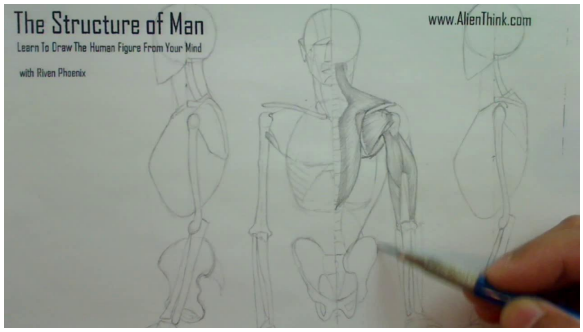
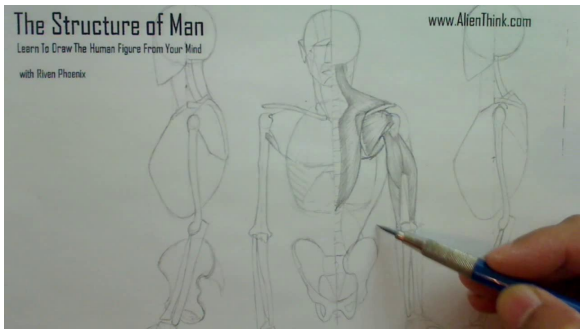
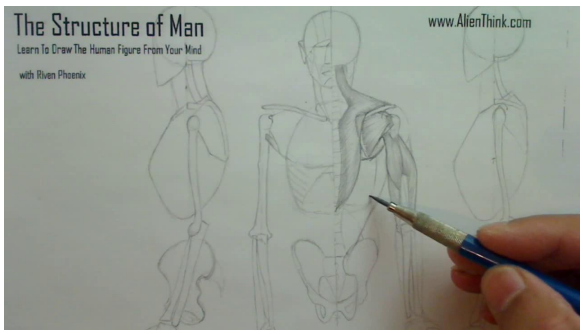
89		But look, you can already tell what's going to happen with the love handles.
90		Right, you can see them on the other side.
91		And now we begin to understand, okay, you got to think,
92		look at the chest cavity.

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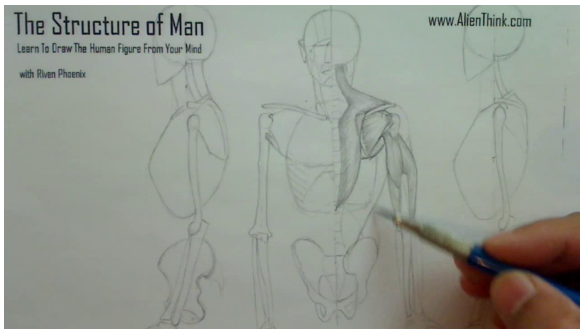
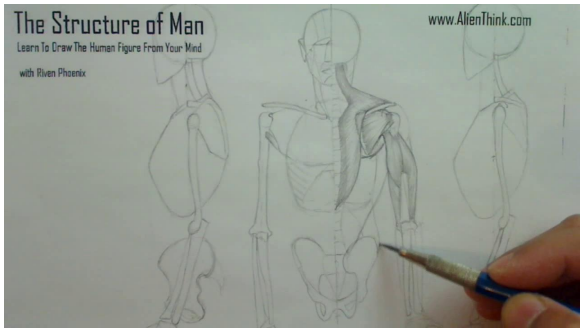
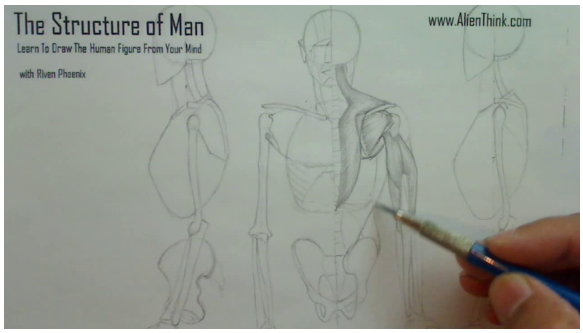
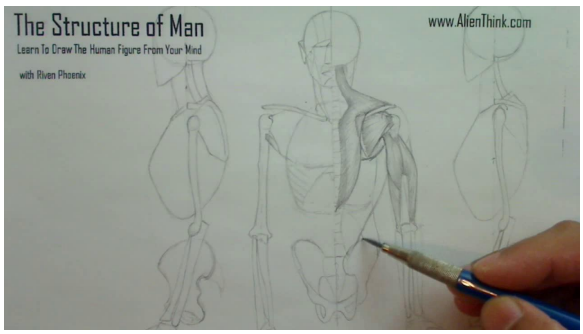
93		How the oblique muscles are going to work.
94		You're going to get this, and it's going to go in here like this.
95		And the door-side muscle will be here.
96		Then you'll get this area, right?

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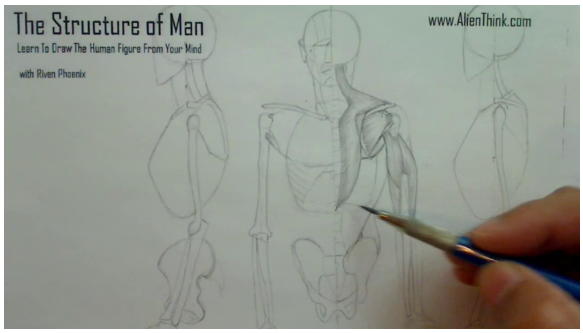
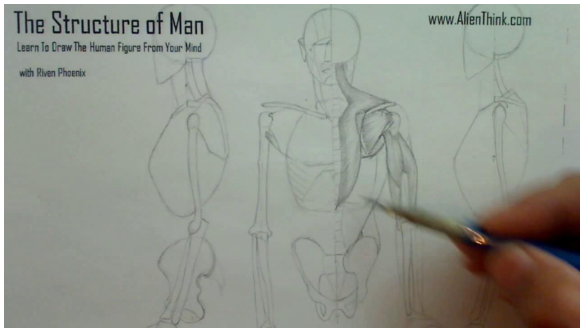
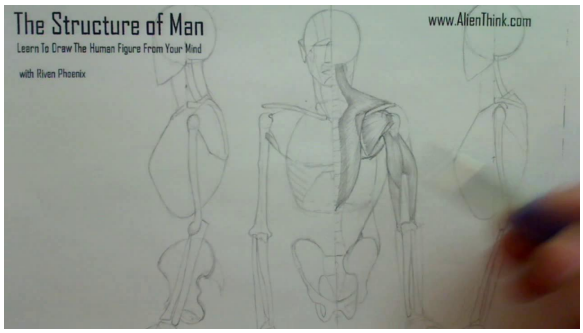
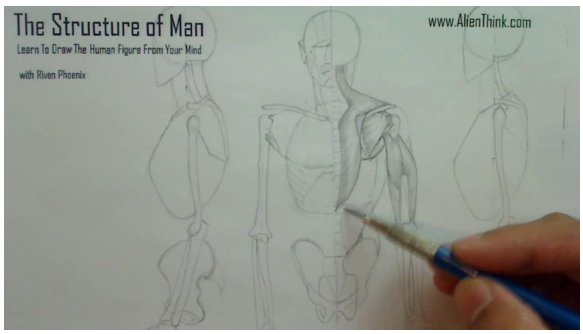
97		So remember that over here, because the chest cavity is going in,
98		you're going to get more of a darker area over here when you're shading it.
99		Now the thing is that over here, we know that, okay,
100		it stops being a muscle anyways, right?

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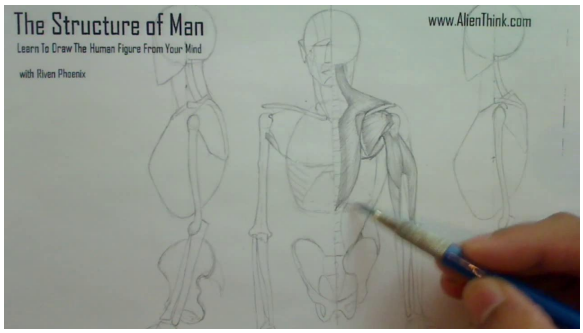
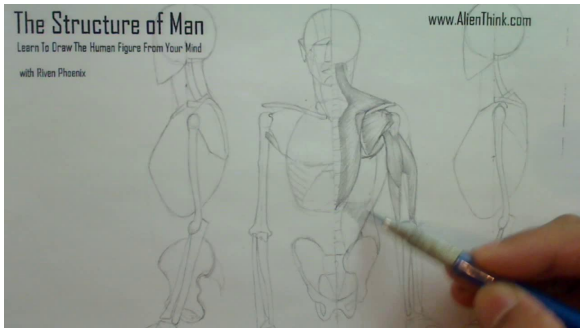
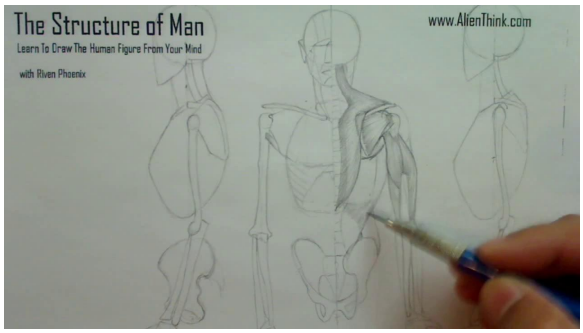
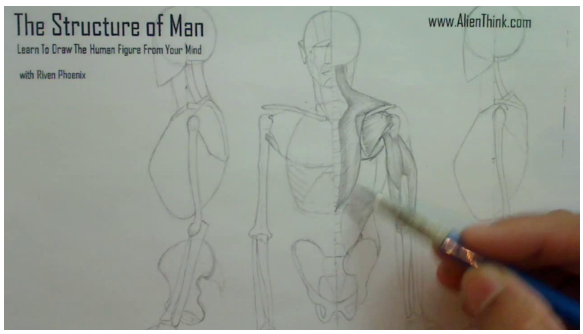
101		It's just where you get this diamond shape.
102		It's just going to stop being a muscle anyways.
103		And then it's just going to go up like this.
104		Right, again, this is...

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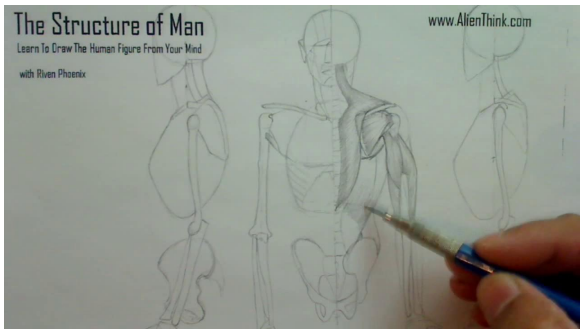
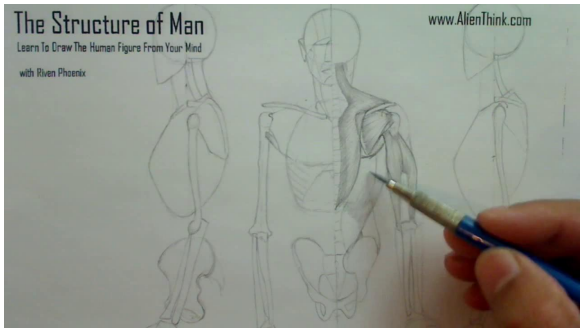
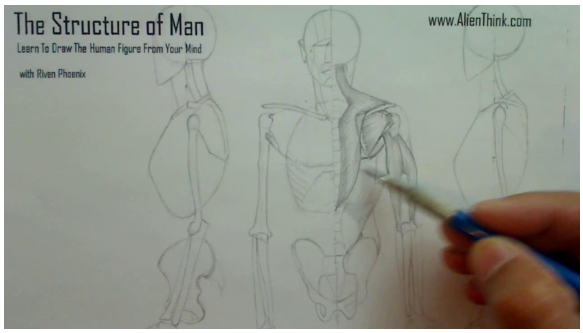
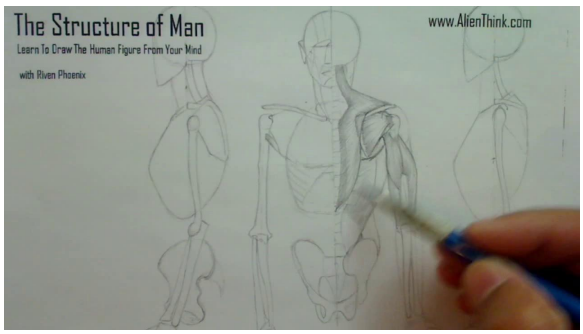
105		Depending on the type of figure you're doing,
106		this is always you've leveried the same piece of muscle.
107		Right, you can see the back bones of it.
108		The ribs when you're drawing it out.

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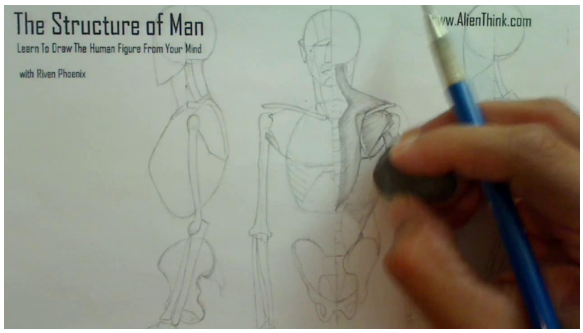
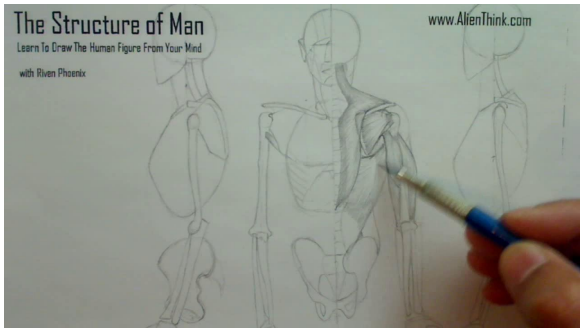
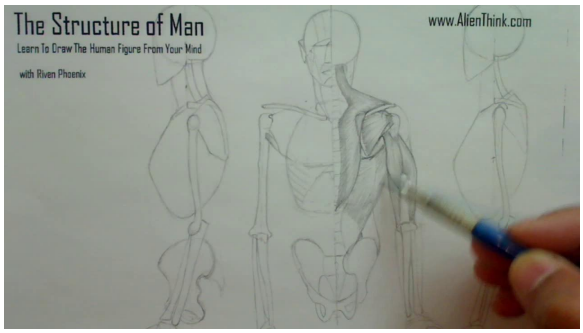
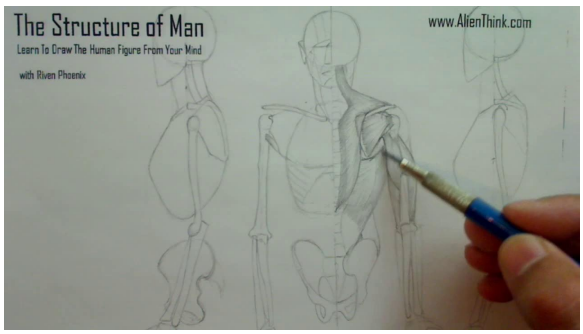
109		Right, but bodybuilders usually have these muscles to be giant.
110		Okay, so here I'm just going to...
111		Just simply throw some shadows in here a little bit,
112		because this is really coming from the side.

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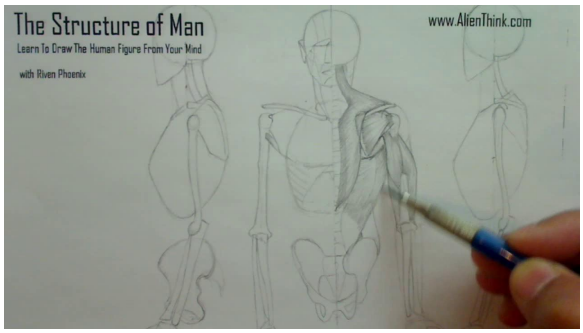
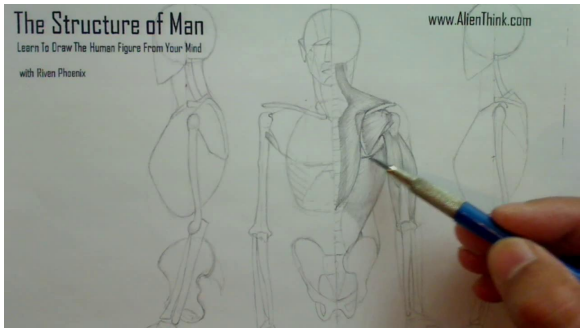
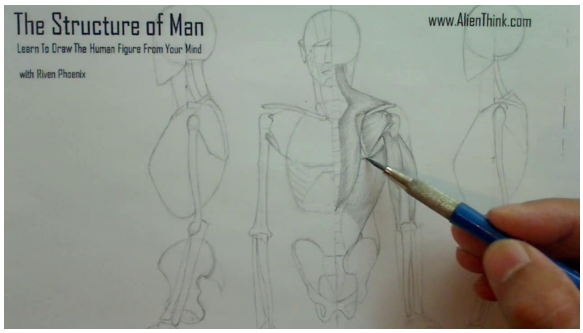
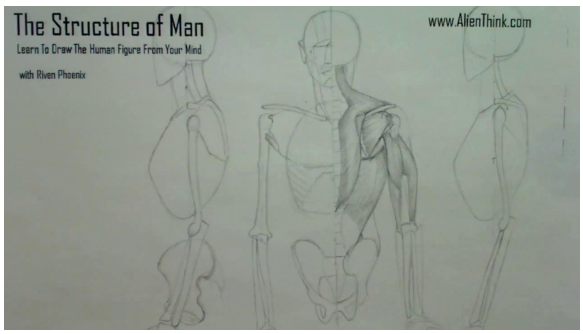
113		And this is just going to go like this here.
114		Okay, so when this comes, we know that, okay,
115		it's going to really, when it goes over it,
116		like this, it's going to take it a little bit, right?

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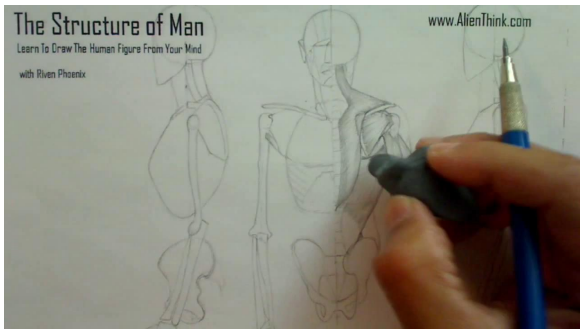
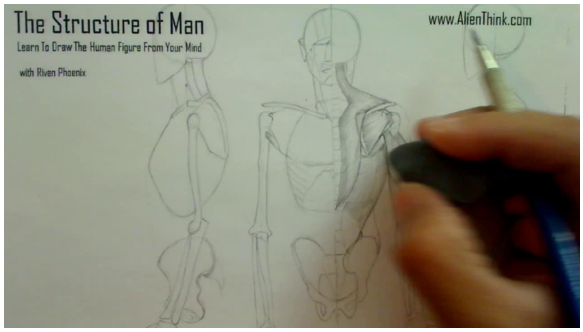
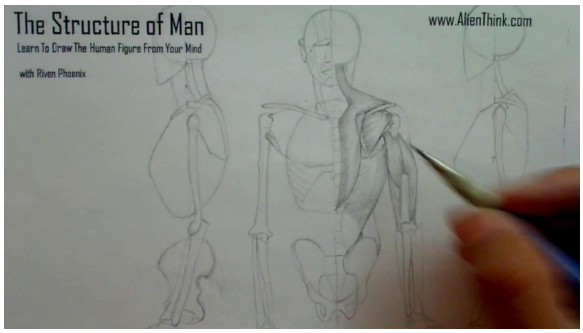
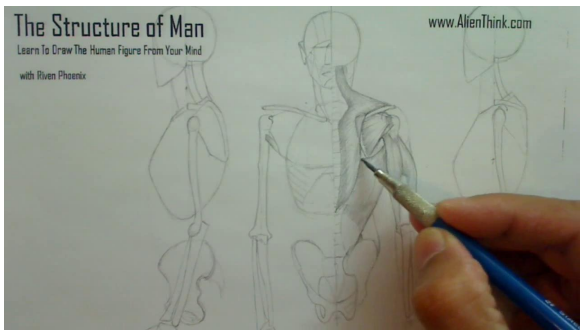
117		This area here, it's going to...
118		This area here, I'm going to draw it a little more up,
119		showing you that this door sign muscle is going to now be connected like this,
120		but it's going to tick this a little bit.

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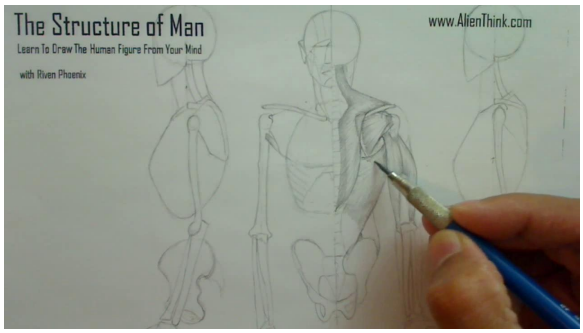
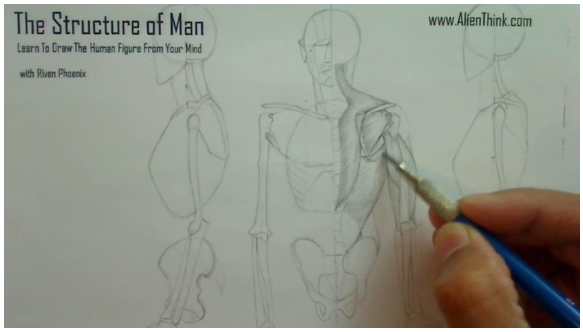
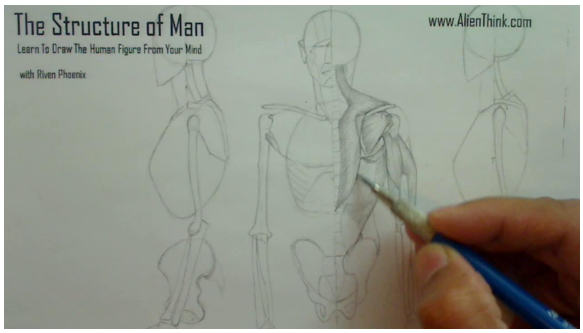
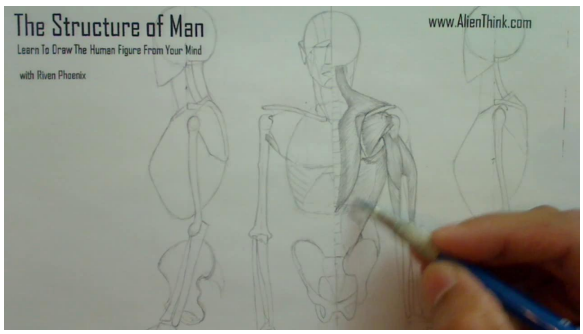
121		You're going to get a little bit of like a shadow work
122		that it ticked the scapula.
123		Right, so you got this line over here, okay?
124		And over here we'll just add more shadows.

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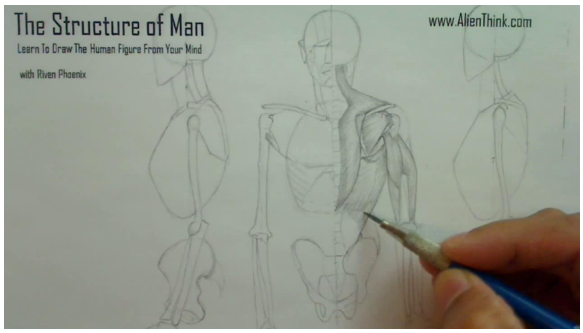
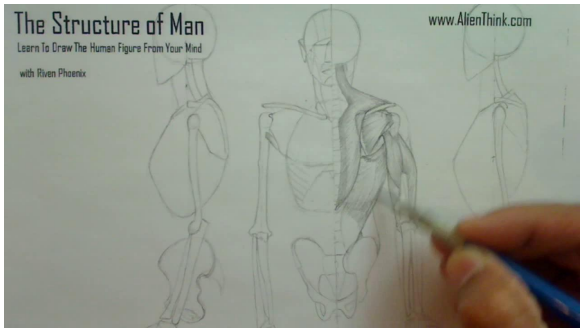
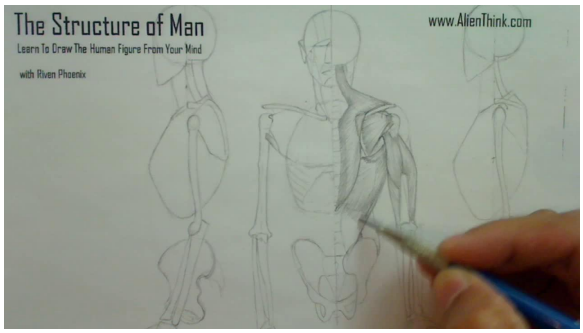
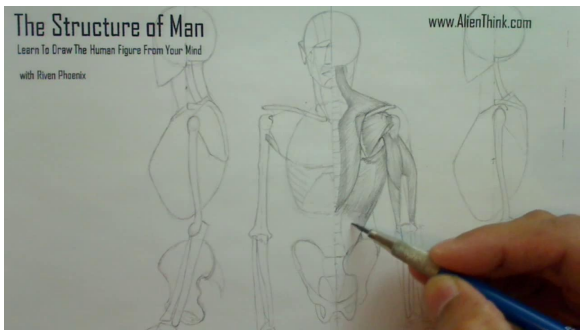
125		Right, because it's really going more in.
126		The chest cavity is going away from us.
127		Right, into the shadows.
128		But again, this is the area to understand that it starts being a muscle here.

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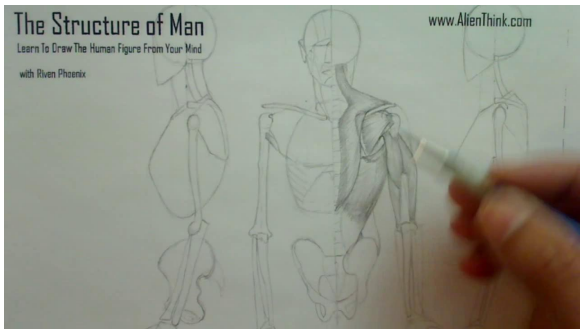
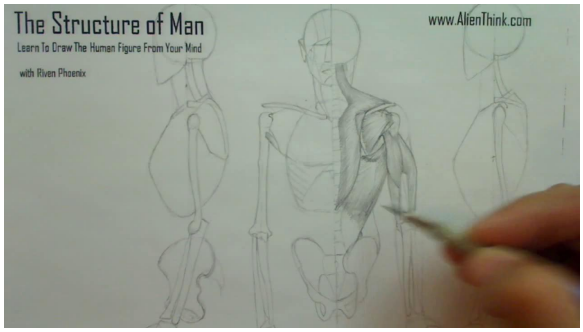
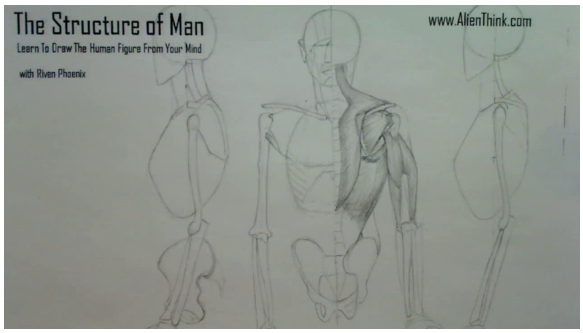
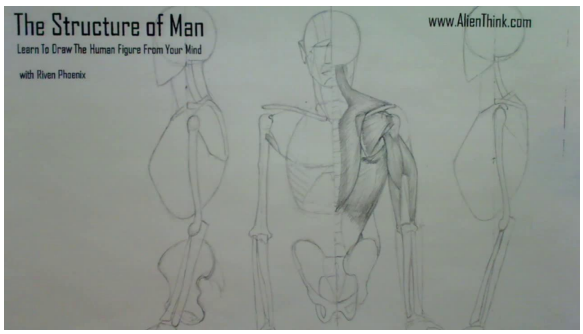
129		Okay, so we got this, this idea over here done, over here.
130		Okay, so now we're beginning to understand this whole system over here.
131		Okay, so now what happens to this guy,
132		when he's coming over here,

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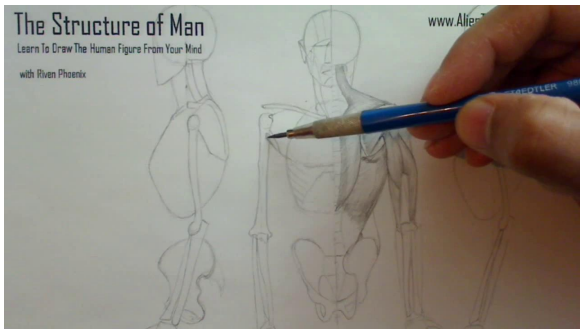
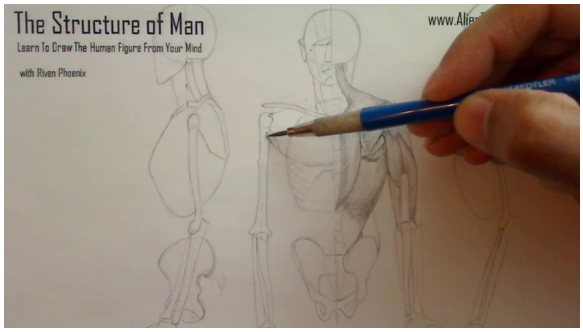
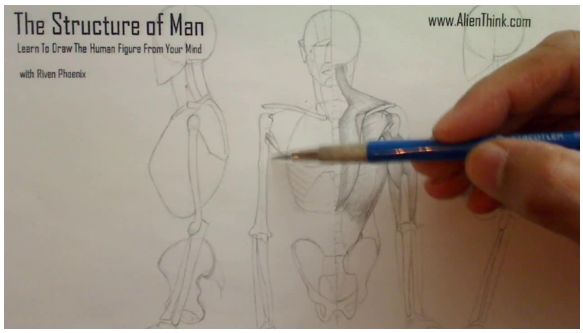
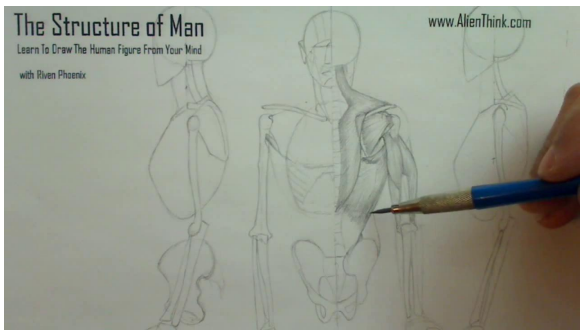
133		basically he's just going to connect over here,
134		he's going to be overlapping him a little bit, and that's really it.
135		And over here you can just decide, okay, how big do I want the door sign?
136		I want the door sign muscle to be.

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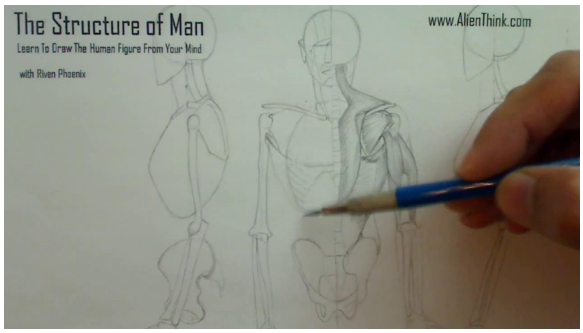
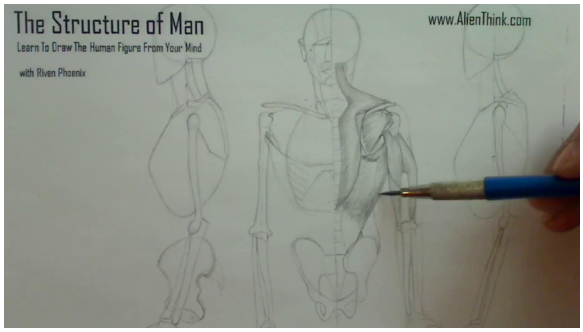
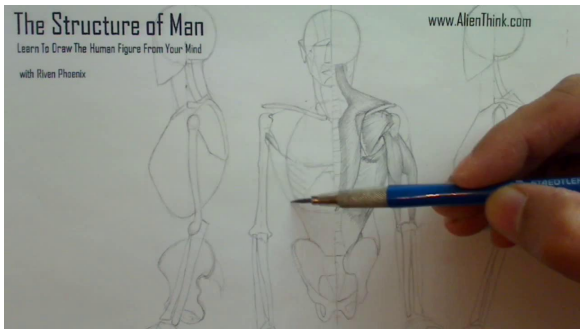
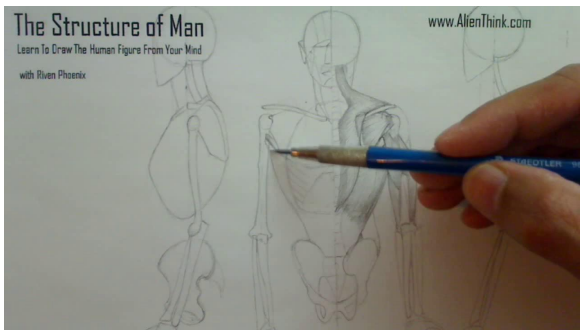
137		And again, now look at this, how this is working.
138		It's going here, it's going here, and look where he ends.
139		From the front, so this will help you to understand better when you're drawing this in any angle.
140		Now look, I need to understand that the door sign muscle comes here,

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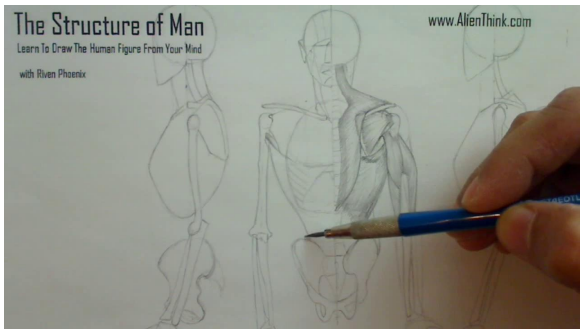
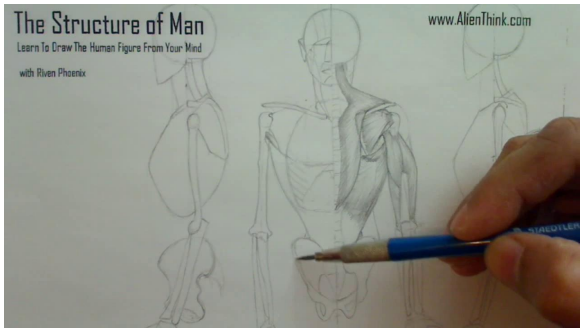
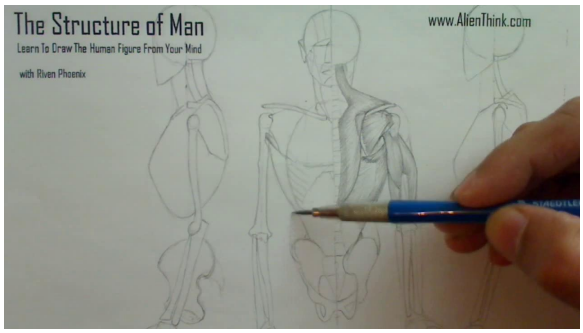
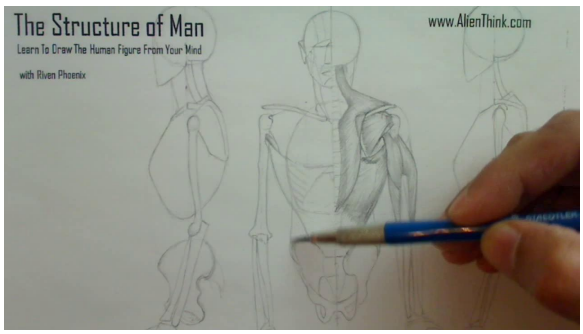
141		and really this is the back of the oblique muscle.
142		So really, the love handles are going to be just like this,
143		and you know that the oblique muscles are going to come in here,
144		just like this, right?

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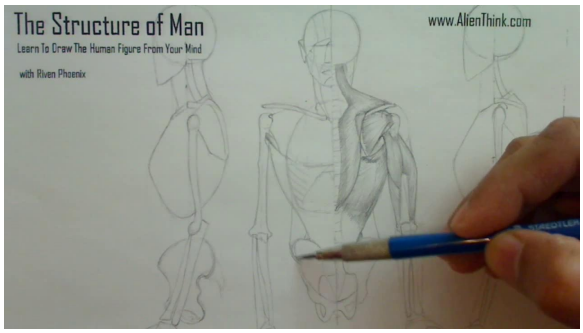
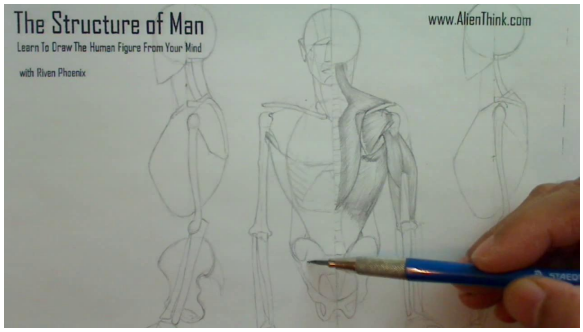
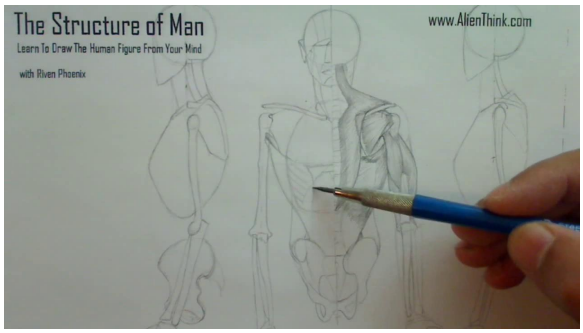
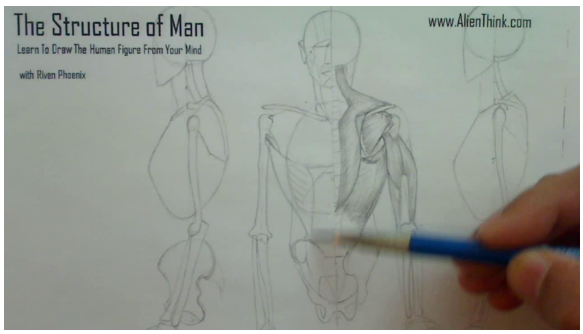
145		And then you're going to get them to look like this,
146		and we know that over here you're going to start to get your apps, right?
147		You talked about how to do this,
148		so it's basically just going to, your app concept is going to be here,

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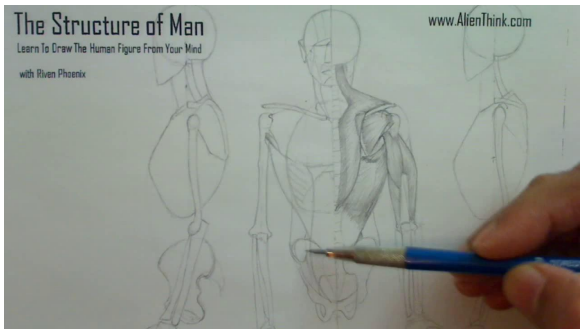
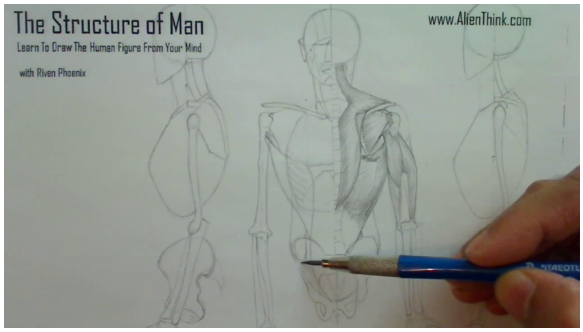
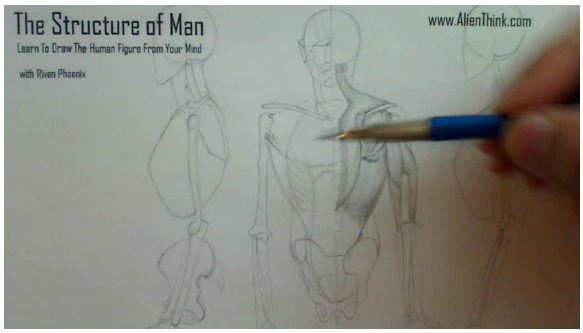
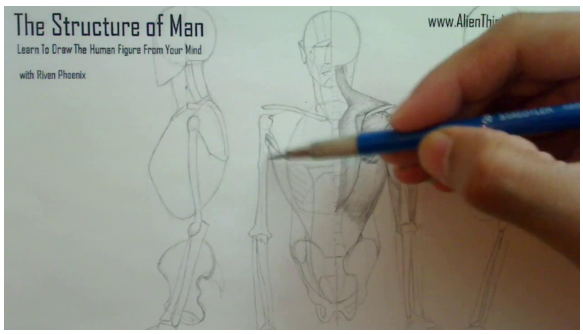
149		you're going to get your bleeds and over here,
150		where this is, you're going to get like a white space area over here, right?
151		So we're just going to leave this area be,
152		because we're going to be actually erasing quite a bit of stuff.

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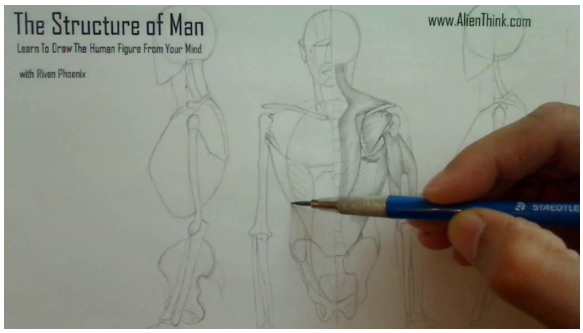
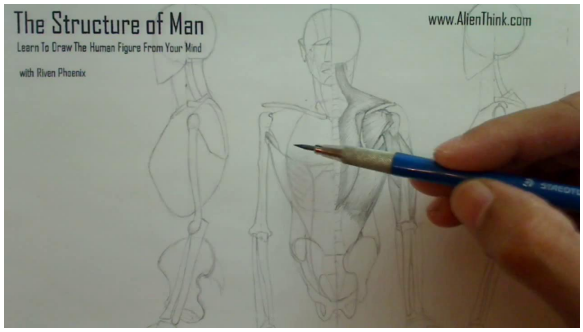
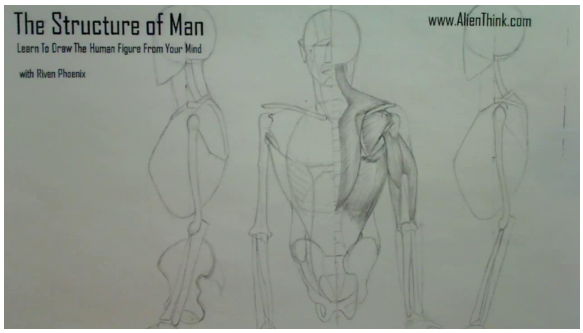
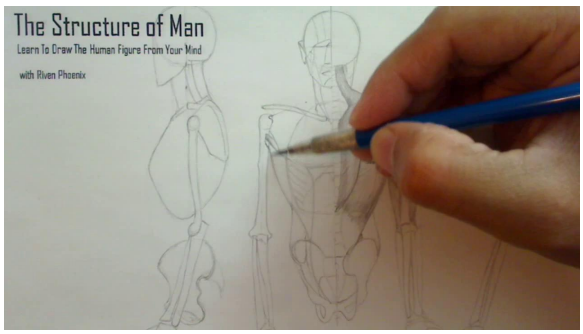
153		So we'll come back to this area, and actually fill it in later.
154		It'll be interesting to see both sides together like this.
155		Okay, so now you understand what happens to the door sign muscle.
156		It really just connects here,

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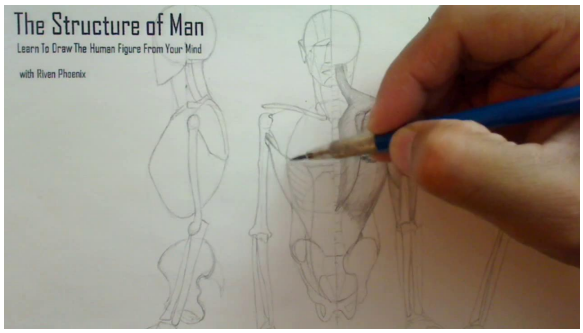
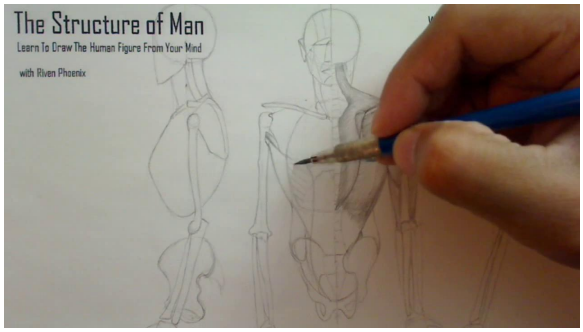
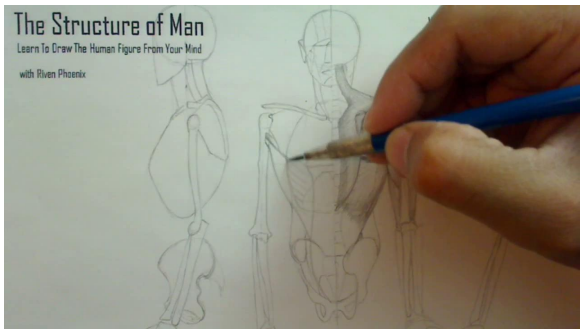
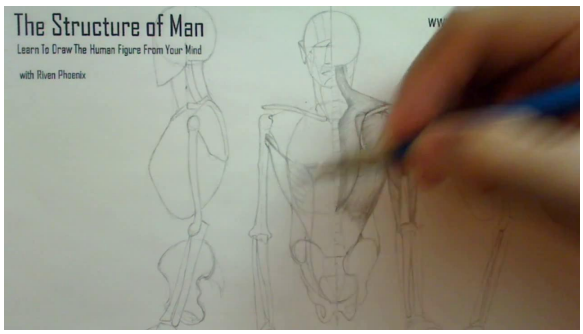
157		but the thing is that when it's connecting here, right?
158		It's really going to just then stick to the side over here,
159		that's why you get this line, right?
160		And we talked about this in one of our drawings.

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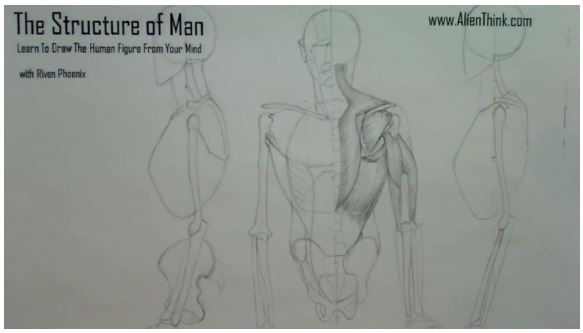
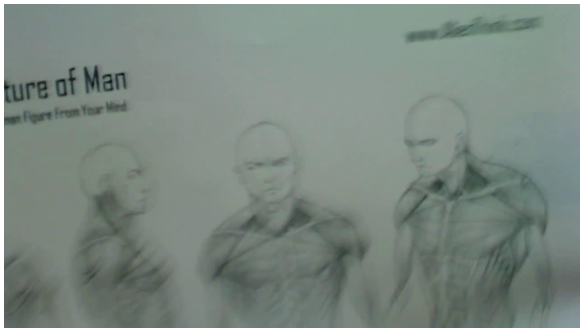
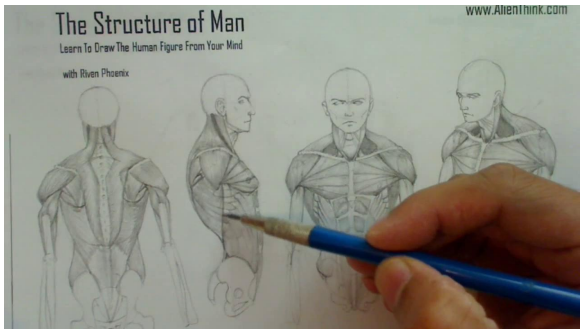
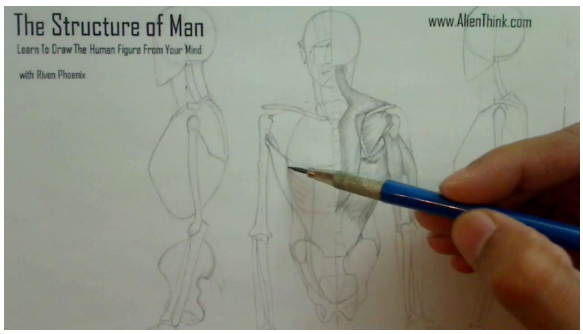
161		And what we did over here,
162		that look, it sticks to the side,
163		it sticks on the side, right?
164		So it's really just stuck to it now.

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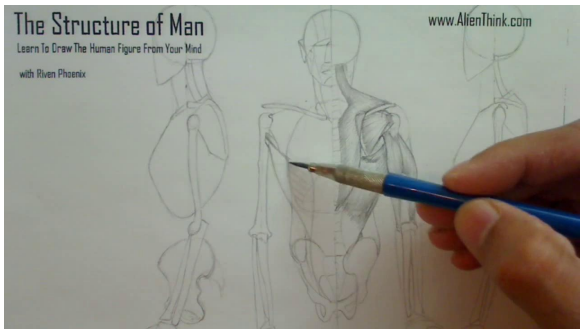
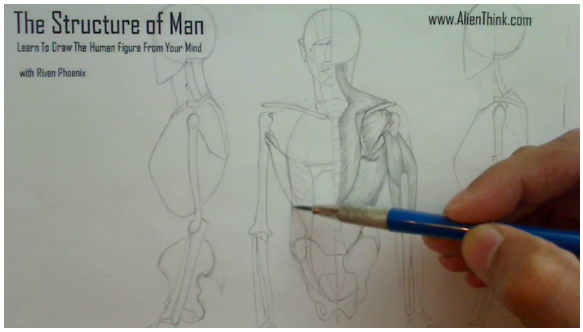
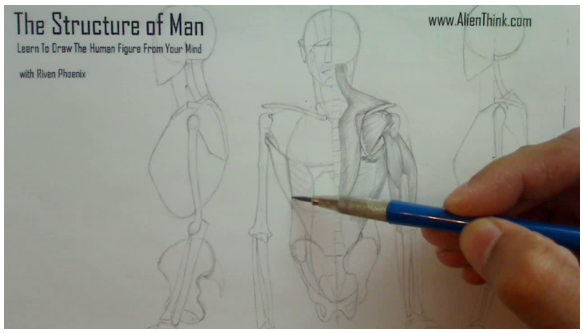
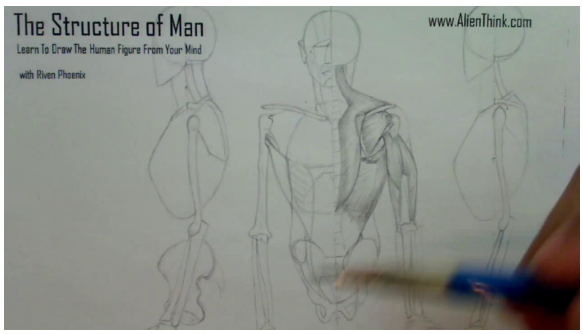
165		It's going, but over here now you can just imagine,
166		okay, it's sticking to the side,
167		but now this guy really went in the back.
168		Okay.

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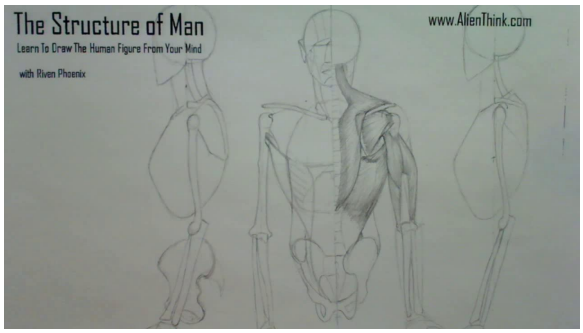
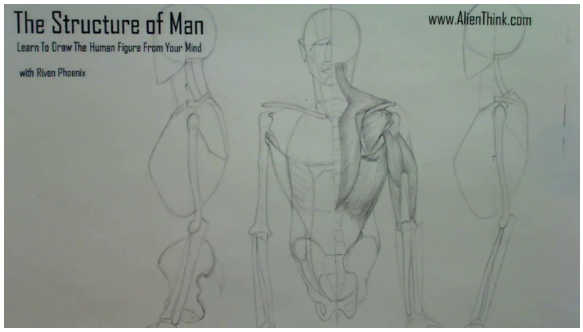
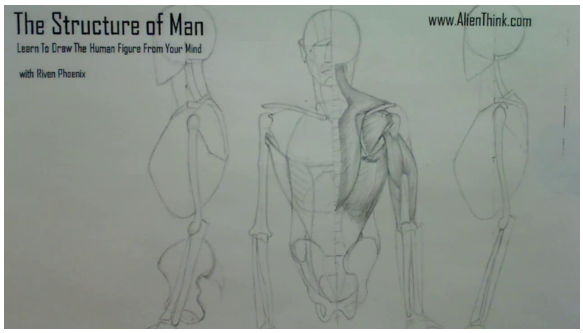
169		Okay, so now we're going to,
170		well, look at, move forward with this in the next lesson.
171		So I'll see you in the next lesson, thanks.

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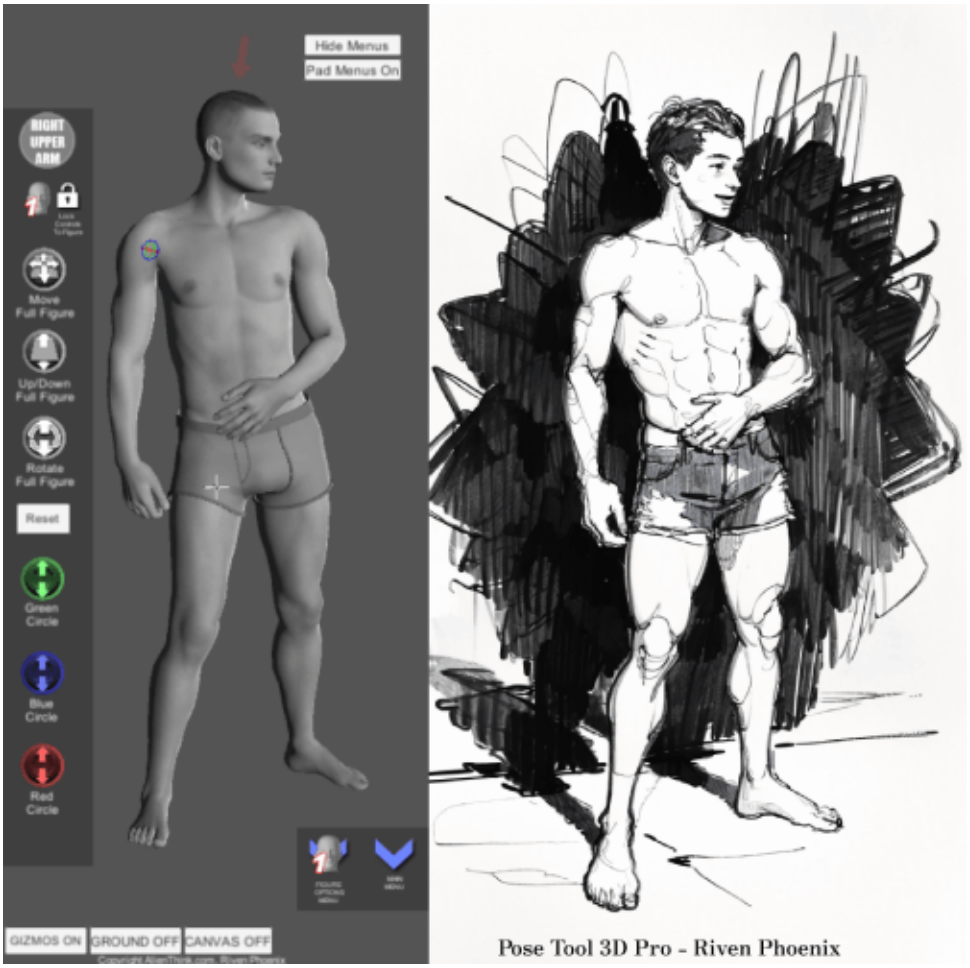

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